



# Polka Dot 5K Trot

# 2023

# WALKER'S INFORMATION



CANCER CARE FOUNDATION  
NEWFOUNDLAND & LABRADOR



# What is the **POLKA DOT TROT?**

**The Polka Dot Trot** is the Cancer Care Foundation's signature event designed to support and uniquely connect those affected by all forms of cancer.

It is a 5km walk to raise funds in support of cancer care right here at home. With the Polka Dot Trot, you can fundraise as a team or individually and choose to walk in the colour of the cancer that matters to you the most.

This year's event is back again at Paradise Park and we will walk around scenic Octagon Pond. However if you're not in the St. John's metro area, a walk in your hometown is always an option!

## **EVENT DETAILS:**

This event is for everyone! We encourage you to invite your family, friends, children of all ages and even your pets to participate!



# What do I have to do?

## 1. ARE YOU A TEAM PLAYER?

You can join the Polka Dot Trot as an individual or as a team. If you are a team player, grab as many members as you like, come up with an awesome name and raise funds for all cancers. Registering a team is excellent for team building within a corporate organization and family looking to strengthen their bond or a unified group of friends.

## 2. REGISTER

Visit [www.polkadottrot.ca](http://www.polkadottrot.ca) and click on the register button. Once you are in there, you have an option to join as an individual or join a team and follow the prompts. The registration fee is \$20 for individuals or team members.

If you are looking to join an existing team, you can search by typing in the team name. If you have any trouble registering, please reach out to us at [info@cancercarefoundation.nl.ca](mailto:info@cancercarefoundation.nl.ca) or by phone at (709) 777-7589 and we can help you through the process.



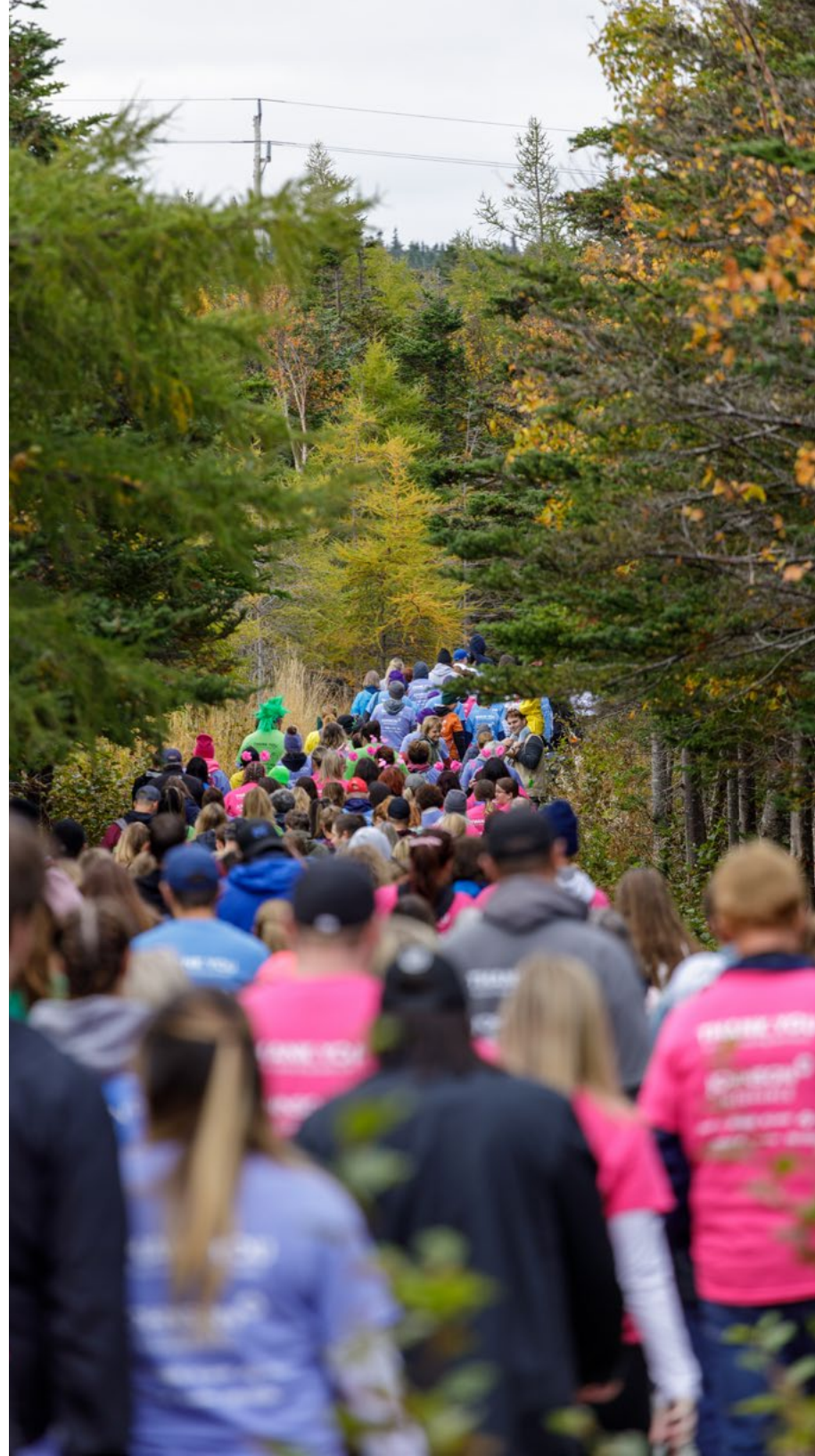
# What is my next step?

Once you have registered, you can invite friends to join you and get started on your fundraising.

You have an option to create your own personal story on your fundraising page and explain to your supporters why you are walking. It is a unique way to tell your story and connection to cancer while raising money for Cancer care right here at home.

# How do I fundraise?

Visit [www.polkadottrot.ca](http://www.polkadottrot.ca) and using your login information you can access your fundraising page. Anyone who wishes to support you and donate to such a wonderful cause can do this online through your personal event page. You can also share your personal page to your social media outlets like Facebook and Instagram. Other fun ways to fundraise is to host a bake sale, a bottle drive or an office fundraising challenge! Please refrain from holding raffles and 50/50 draws, as these require lottery license. Also, donations in return for something (a product or experience) are not eligible for a tax receipt.



# What is corporate matching?

Many companies offer a Corporate Matching Gifts program – matching donations made by employees to a charity. This is a great opportunity to boost your team fundraising efforts.

To ensure we are able to add the donation amount to your fundraising total, email [info@cancercarefoundation.nl.ca](mailto:info@cancercarefoundation.nl.ca) with the following information:

- Your Name
- Your Company Name
- Amount of the donation anticipated from your company's Matching Gift Program

# What if someone is late donating?

Don't worry! The Polka Dot Trot website will be accepting online donations for a full week after the event up until and including October 22, 2023.



# Top 5 reasons to get involved:

- 1.** Give back to cancer care right here! Every dollar raised will stay right here in the province!
- 2.** Every participant receives an exclusive Polka Dot Trot finisher's medal and t-shirt.
- 3.** It's super convenient. If you can't get to Paradise Park, you can do your own walk anywhere you wish!
- 4.** When you share your story with us we will highlight you and your team on our social media channels.
- 5.** The most rewarding of all is to know you have directly helped cancer patients and their families in Newfoundland and Labrador.



# POLKA DOT TROT CHECKLIST:

- ☑ Register online
- ☑ Personalize your online fundraising page and set a goal
- ☑ Generate support through social media
- ☑ Submit all donations on or before October 22, 2023  
(remember to include all your donors information)  
Thank all of your donors

# ON EVENT DAY, REMEMBER:

- ☑ We are finally back together!
- ☑ We will enhance cancer care in this province.
- ☑ We WILL get through this together.

# THANK YOU!

Together we can enhance Cancer Care....right here!! We cannot wait for our 7th Annual Polka Dot Trot!!

[www.polkadottrot.ca](http://www.polkadottrot.ca)

# QUESTIONS?

If you have any questions at all, big or small please contact us via email at [info@cancercarefoundation.nl.ca](mailto:info@cancercarefoundation.nl.ca) or by phone at (709) 777-7589.

