



Moving Forward for Families



About the Event

RMHC Manitoba 151 will bring together communities to walk, run, or roll by choosing your favorite summer activity & moving a total of **151 km** in July & August.

Why We Move

We move for families, like the Boles-Amiotte family, who in 2019 called RMHC Manitoba home for **151 days**. We move for the **2,040** families we supported last year from **304** communities across Manitoba & beyond! Your participation will help us raise funds & spread awareness for families far from home due to childhood illness or injury.

Join the Challenge & Share the Journey

1. **Register** your team or as an individual: rmhcmanitoba151.ca
 2. Set your fundraising goal
 3. Fundraise to meet your goal
 4. Move a total of 151 km throughout July and/or August
 5. Share your outings with us using hashtag **#movingforward4families** & tag us **@RMHCManitoba** on Facebook/Instagram & **@RMHmanitoba** on Twitter
- You can also email your picture to anna@rmhmanitoba.org

Great Prizes!

All funds raised stay local supporting Ronald McDonald House Charities Manitoba

For more information, visit the rmhcmanitoba151.ca or contact Anna@rmhmanitoba.org



RMHC Manitoba 151-FAQ

What is a virtual event?

A virtual event can take place at a location of your choosing. Supporters from anywhere can participate in the RMHC Manitoba 151 event by staying active in the months of July and/or August, from their own home communities & at a safe social distance.

Who can participate?

We encourage participants of any age and ability to join. You can participate as an individual or team to move the combined 151km in the month of July and/or August. Don't forget to maintain your safe social distance.

How can I track my kms travelled?

You can use any fitness tracker app (e.g. Strava or MapMyRun) or fitness tracking device (e.g. Fitbit or your phone) that will track your distance covered.

I am interested in becoming a Sponsor

For more information, please visit rmhcanitoba151.ca or contact Anna@rmhcanitoba.org

Fundraising Tips - How you can raise \$151 in less than a week!

DAY	ACTION	DONATION	FUNDS RAISED
1.	Kick-start your fundraiser by making your own \$26 donation	\$26	
2.	Ask members of your family to pledge: -Mom and/or Dad -Aunt and/or Uncle -Grandma and/or Grandpa	\$25 \$25 \$25	\$50 \$75 \$100
3.	Ask your best friend to support	\$25	\$125
4.	Ask a co-worker to support	\$25	\$151 – YOU DID IT!
5.	Now what? By exceeding your goal, you will support even more families. Share your photos or video & why you are participating with a link to your fundraising page on social media. Using #movingforward4families & tagging @RMHCManitoba (Instagram/Facebook) @RMHManitoba (Twitter)		

