

# Great Human Race Instructions for Runners & Walkers

**Pick up a pledge sheet** from the nonprofit organization you are supporting, from participating businesses, or from the Volunteer Center of Durham. Write your name and the nonprofit organization's name clearly on the top lines. Let the nonprofit organization know you are collecting donations for them. **You will be turning in your pledge sheet and money to the nonprofit coordinator prior to Race Day, or you can turn in your pledge sheet and money on Race Day.** Be sure to make a photocopy before Race Day so sponsors can be thanked and in case you need to collect outstanding pledges.

**Runners are encouraged to pre-register** for a reduced fee of \$20 on or before **March 25<sup>th</sup>** (\$25 after **March 25<sup>th</sup>**). Registration forms are available at the Volunteer Center of Durham, online at [www.greathumanrace.org](http://www.greathumanrace.org) or [www.active.com](http://www.active.com). **All registered runners will receive a race t-shirt and runner goody bag.**

**Walkers do not pay a fee (donation to favorite nonprofit is requested).** **Walkers raising at least \$50 and turning their money in to their nonprofit coordinator prior to **March 23rd, 2009** will receive a t-shirt.** You can also turn your money in to the Volunteer Center of Durham. We will be sure the money gets to the agency you designate. T-shirts will be on sale during Race Day.

**Set a goal.** For example, 20 donations of \$10 = \$200. The pledge average last year was \$15 and most fundraisers did raise a minimum of \$50. Share your passion for your organization and spread the word about their important work they do.

**Organize your efforts.** Create your Individual Online Fundraising page. Sent it out to everyone you know! Carry your pledge sheet with you at all times. Try to collect your donations at the time you ask for support. Come up with an easy way to **ASK EVERYONE!** The more you ask, the more you'll get. Don't be afraid that someone will say no. If they do, just say thank you for your time and encourage them to come out and walk or run on Race Day.

**Fill out your collection envelope or pledge form completely.** Write the donor's name, address and phone number on the pledge sheet. Be sure to photocopy your form before Race Day in case you need to collect outstanding pledges and so you can thank your sponsors with a thank you note.

**All checks should be made out to VCD/Great Human Race.**

**Write the name of the nonprofit you are collecting pledges for on the memo line.**

**Turn the money in** to the nonprofit you are supporting or to the Volunteer Center of Durham.

Registration on Race Day begins at 7:00 am, Saturday, March 27, 2010. The Great Human Race starts and finishes at the Durham Bulls Athletic Park on Blackwell St. Opening ceremonies begin at 8:15 am, the run starts at 8:30 am and the walk starts immediately after all the runners have crossed the start line.

**Good Luck and Have Fun!**  
**See you at the Great Human Race!**