

Strength in Abilities

Who are you running for?

Vecova's charity run, walk and roll
Sunday, June 23, 2019



Fundraising package

Vecova charity race

50 years in the community

Vecova is a dynamic and innovative centre focused on improving the quality of life and equity for persons with disabilities. We have been in the community for 50 years, and support nearly 400 persons with disabilities and their families each year through programs and services focused on employment, living support and wellness. At Vecova, it is our belief that everyone should have an active and engaged quality of life that enables meaningful connections and contributions to the world.

Vecova has a deep connection and long heritage in providing service to the community. For 50 years, we have been curating change and finding innovative ways to support persons with disabilities. We first opened our doors in Calgary in 1969 with the mission to build the capacity of persons with disabilities and enrich communities through leadership, innovation and collaboration.

In 2019 we are still committed to serving persons with disabilities in Calgary and the Bow Valley Corridor. Vecova continues to be a leader in the disability field, and continues to provide improved health outcomes, advanced recreation and rehabilitation and employment opportunities for persons with disabilities.

Who are you running for?

Now in its fourth year, the Strength in Abilities run has become our most recognizable community event. With this run, our goal is to recognize the strength individuals have to embrace their abilities and imagine a world filled with possibilities. Strength in Abilities is open to all ages and abilities. Whether on foot or on wheels, we will all cross the finish line together.

When: Sunday, June 23, 2019 at 8:30 a.m.

Where: Bow River Pathway – Edworthy Park



How to get involved

Help Vecova support persons with disabilities in the community

The funds raised will help Vecova's mission to build the capacity of persons with disabilities and enrich communities through leadership, innovation, and collaboration.

- Raise funds to support persons with disabilities.
- Encourage others to learn more about the strength in all abilities.
- Donations can be made through our event web page or with our manual pledge forms. A copy of the pledge form is on the next page.

Fundraising 101:

- **Start as soon as you can:** This way, you can approach more people and raise more funds to support your participation in the race.
- **Don't be afraid to ask:** Explain to family, friends and co-workers what you are fundraising for, and why the cause is important to you. You can create a fundraising letter, or direct them to visit the event web page or Vecova's website (www.vecova.ca) to learn more about what they will be supporting.
- **Match your donations:** Many companies offer an employee donation matching program. Consider approaching your employer about setting up a matching fund for anyone that contributes to your fundraiser.
- **Reach a wider audience:** Post about the event on **Facebook, Twitter**, or other social media platform and include a link to donate online. This way, you can reach people who may not be in your direct circle of family and friends.
- **Don't forget to thank people:** Make sure you follow up with your supporters and thank them for donating to your fundraising efforts. After the race is completed, consider drafting a brief thank you note with an update on how you did and how the overall event went.





Strength in Abilities Run

Donation Tracking Form

Please submit all Documentation & Donations to:
Simona Lupas, Acting Director of Development
Vecova Centre for Disability Services and Research
 3304 - 33rd Street NW Calgary, AB T2L 2A6

Event Participant:

Date of Event: June 23, 2019

Donor's Name (First and Last Name) <input type="checkbox"/> Keep my gift Anonymous	Amount Donated	Payment Type <input type="checkbox"/> Cash <input type="checkbox"/> Cheque: Please make Cheques Payable to <u>Vecova</u> <input type="checkbox"/> Credit Card* Fill below	Tax Receipt Requested <input type="checkbox"/> Yes <input type="checkbox"/> No
Donor's Mailing Address	City	Province	Phone Number:
*Credit Card Payment Option <input type="checkbox"/> VISA <input type="checkbox"/> Master Card <input type="checkbox"/> AMEX	Card Number	Postal Code	Email:
			Authorized Signature
			Expiry Date

Donor's Name (First and Last Name) <input type="checkbox"/> Keep my gift Anonymous	Amount Donated	Payment Type <input type="checkbox"/> Cash <input type="checkbox"/> Cheque: Please make Cheques Payable to <u>Vecova</u> <input type="checkbox"/> Credit Card* Fill below	Tax Receipt Requested <input type="checkbox"/> Yes <input type="checkbox"/> No
Donor's Mailing Address	City	Province	Phone Number:
*Credit Card Payment Option <input type="checkbox"/> VISA <input type="checkbox"/> Master Card <input type="checkbox"/> AMEX	Card Number	Postal Code	Email:
			Authorized Signature
			Expiry Date

Donor's Name (First and Last Name) <input type="checkbox"/> Keep my gift Anonymous	Amount Donated	Payment Type <input type="checkbox"/> Cash <input type="checkbox"/> Cheque: Please make Cheques Payable to <u>Vecova</u> <input type="checkbox"/> Credit Card* Fill below	Tax Receipt Requested <input type="checkbox"/> Yes <input type="checkbox"/> No
Donor's Mailing Address	City	Province	Phone Number:
*Credit Card Payment Option <input type="checkbox"/> VISA <input type="checkbox"/> Master Card <input type="checkbox"/> AMEX	Card Number	Postal Code	Email:
			Authorized Signature
			Expiry Date

*Donor Information is required for tax receipting purposes. Tax receipts will be issued in accordance with the Canada Revenue Agency. Vecova does not sell or trade personal information.
 Charitable Registration Number: 11928 6912 RR0001

Thank you for your support!

To fundraise, please register at vecova.ca/get-involved/
or contact Simona Lupas at (403) 284-1121.

