



# Virtual Fundraising Toolkit



RMHC<sup>®</sup>  
British Columbia  
& Yukon

You can be a **House Champion from Home!** By setting up a virtual fundraiser, you are helping to ensure that we can continue to provide accommodation and a community of support for the families at RMH BC. Not only will this help to pass your time indoors, but it will help to bring people together for a great cause.

## Ways to participate:

1. Start a Facebook Fundraiser
2. Join our COVID-19 Relief Fund team
3. Complete a Virtual Run or Walk

## How to get started:

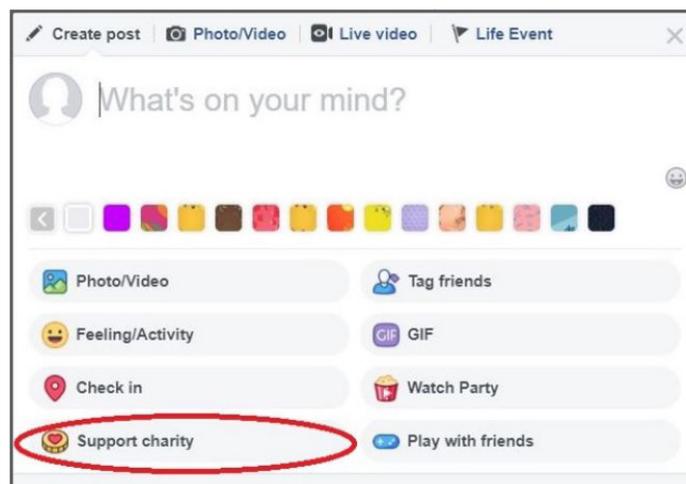
### 1. Start a Facebook Fundraiser

Call on support from your Facebook community! Setting up a fundraiser is quick and easy:

- a. Log-in to Facebook and click on the three dots in your status update bar



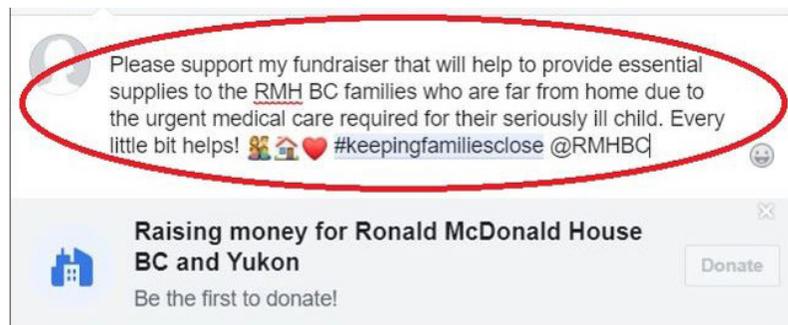
- b. Click on "Support a Charity"



- c. Type **“Ronald McDonald House BC and Yukon”** in the charity search bar



- d. Share your reason for fundraising (or use the example attached), tag **@RMHBC** and post it for your Facebook community to see!



## 2. Join our COVID-19 Relief Fund Team

Choose any fun activity and do it while raising funds for RMH BC families who are far from home during this difficult time. You can also bring your community together virtually by turning any activity into a group challenge! Here are a few fun challenges that your squad can do while staying at a safe social distance:

### The “Super Strengths” Challenge

For every \$X raised, commit to climbing flights of stairs, doing a number of push-ups, planks or some other physical feat! Check-out the super strengths of our RMH BC Families for inspiration: <https://www.youtube.com/watch?v=X8Y5Qx6FzOU>

### A “Shelf-Isolation” Read-A-Thon

Collect donations for the number of books you read at home

### All-Day Challenge for Charity

Do something you love for 8 hours straight such as playing a game, reading a book or building a puzzle! Stream it Live on Facebook or another social media platform to continue garnering support

### The “Steps for Families” Challenge

Who can do the most steps in a day or week at home? Create your own Strava group challenge (it's free!) and invite your friends and family to join: <https://www.strava.com/clubs/new>

For any challenge you choose, you can collect donations for the RMH BC COVID-19 Relief Fund by following the link below and clicking **“Create your fundraiser”**: <https://www.rmhccanada.ca/fundraisers/ronald-mcdonald-house-bc-yukon-covid-19-relief>

### 3. Complete a Virtual Run or Walk

Looking for ways to move more? Pledge to run or walk a specific distance and garner support from your community along the way! The virtual race program allows you to complete the chosen distance at a time or place of your choosing. If you go outside, remember to maintain your social distance!

Read about our friend Zack, who completed his own virtual marathon while raising funds for RMH BC! <https://rmhbc.ca/meet-zack>

How to join the RMH BC Virtual Race Team:

- a. Following the link below and click "**Join Team**". It's free to participate!  
<https://raceroster.com/events/2020/30899/youre-not-alone-the-social-distancing-virtual-race/pledge/team/248134>

#### Ronald McDonald House BC & Yukon



Edit fundraising page

Donate to a team member

Register for event

**Join team**

Invite team members

- b. Select your run or walk distance (**1K, 2K, 3K, 4K, 5K, 10K, 15K or half-marathon**) and set-up your personal page
- c. Share your training journey and plans to complete your race while collecting donations along the way
- d. Use a fitness tracking device (eg. Garmin or Fitbit watch) or app (eg. Strava, MapMyRun or Runkeeper) to track your race, then submit your results!

We look forward to seeing your Virtual Fundraisers - don't forget to tag us @**RMHBC**!

For any questions or to participate, please contact us at  
[community@rmhbc.ca](mailto:community@rmhbc.ca)

# Thank You!