

Participant Guide to Fundraising

Wentworth-Douglass Hospital

Seacoast Cancer 5K



See what's new in 2025!

RUN. RAISE. RALLY. ROCK!

 **Mass General Brigham**
Wentworth-Douglass Hospital

Charitable Foundation

September 6-13, 2025 Virtual 5K

September 14, 2025 In-person 5K

Visit SeacoastCancer5K.org

   #seacoastcancer5K

Fundraising Guide



September 6 – 13, 2025
ANYTIME, ANYWHERE!

Virtual Race - Register to be part of the Seacoast Cancer 5K and you pick the route of your choice!

Sunday, September 14, 2025 | 9:00 am

IN-PERSON 5K - Walk or run but be sure to join the fun! Choose from the 5K or 1-mile loop starting at the Wentworth-Douglass Portsmouth Outpatient Center on the Pease Tradeport in Portsmouth!



Thank you for supporting the Seacoast Cancer 5K!

Whether you are a first-time captain or a seasoned veteran, you are now part of a very special group of dedicated volunteers helping raise essential funds for the Mass General Cancer Center at Wentworth-Douglass Hospital. We need your leadership to motivate your team of friends, family members, neighbors and co-workers to Run, Raise, Rally, and ROCK this year’s event! We’re here for you, every step of the way, as you set out on your fundraising journey to support the largest rally against cancer on the Seacoast.

After you read this informative guide, visit SeacoastCancer5K.org to register through Run Signup and create your team today! That is where you can begin customizing your personal fundraising page to send to friends and family.

Mark your calendar and join us for a weekend of festivities to celebrate the life-saving work of Mass General Cancer Center at Wentworth-Douglass Hospital. We can't wait to see you there!

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Wentworth-Douglass Hospital

Seacoast
Cancer 5K



2024 FACTS AT A GLANCE

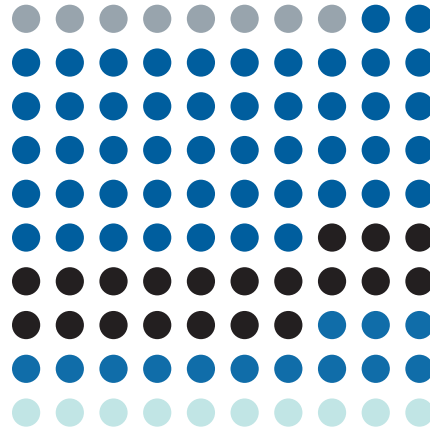


\$214,000

Funds raised

\$2M+

Cumulative funds raised



1,730

Registered

9% Over age 65

24% Ages 50-64

16% Ages 40-49

21% Ages 30-39

15% Ages 18-29

15% Under age 18

Social Media



23,700+

WDH followers

2,360+

5K followers



15

States
represented

460

Cities



17,000+

E-mail subscribers



5,049

Patients impacted at
Mass General Cancer
Center at Wentworth-
Douglass Hospital



80

Survivors



974

Donors

2 Countries **15** States

460 Cities and Towns

Supporting cancer survivors in the
Seacoast community since 2014!

SeacoastCancer5K.org

Tips for Success

Create a team

Participating as a team is the best way to get the most out of the Seacoast Cancer 5K. A team inspires more people, helps you get organized and makes a bigger impact. Teams can represent your business, school, community and be in support - or in memory - of a loved one that has been affected by cancer.

Participating in the 5K creates lasting memories. Thousands of people will be running, walking and raising funds in honor of someone they love. The camaraderie and spirit shown is truly breathtaking. The entertainment and fun activities planned for this year will have your team rockin'!

Ready. Set. Build!

As the team captain, you will need to establish your team when you register as an individual at SeacoastCancer5K.org. To create a team, you'll be asked to create a personal fundraising page during the registration process. From there, you'll then create a team fundraising page as well. Despite your intents to fundraise, it is important to note that the team members must create fundraising pages to join your team.

Set a goal

Set an aggressive, but achievable goal. Motivate your team to reach it. Stay organized and focused. The earlier you get started, the more you and your team can achieve. Split up the work so that everyone has a manageable amount. Make sure your individual and team goals are reasonable to accomplish. If you ask each participant to raise \$250, that's only 10 people giving \$25 each!

Recruit

Building a team is one of the most important steps in your success! Ask friends, family, co-workers, neighbors - anyone you know - who would be excited to be involved. Team members can participate as a donor, walker, runner or virtual participant! Once the team is created, you can share your team's custom webpage and ask your network to join your team.

Have fun

Meet regularly with your team members and make it fun! From pizza parties to pot luck – a celebratory atmosphere goes a long way! Encourage some friendly competition and inspire your team members to reach higher!

Get social

Follow the Seacoast Cancer 5K Facebook and Instagram pages to share tips, ask questions and get to know other Team Captains! Share your fundraising page on your personal social media pages. Download our **NEW** social media fundraising grid to help spread awareness of your fundraising effort. It's easy! Share this grid on your own Instagram story, tag your friends, add your Venmo/PayPal/CashApp information at the bottom and make an even bigger impact! Grid and Instructions here: SeacoastCancer5K.org/Resources

Wentworth-Douglass Hospital
Seacoast
Cancer 5K

Support my 5K!
Choose any amount and
help local cancer patients at
Wentworth-Douglass Hospital

RUN. RAISE. RALLY. ROCK!

\$5	\$5	\$5	\$5	\$5
\$10	\$10	\$10	\$10	\$10
\$20	\$20	\$20	\$20	\$20
\$25	\$25	\$25	\$25	\$25
\$50	\$50	\$50	\$50	\$50

Join me!
Sunday, Sept. 15
SeacoastCancer5K.org

Send donations to:



Communicate often

The key to building a solid team is to keep the communication flowing. Create your own Facebook Event or use your Run Signup account through SeacoastCancer5K.org to keep your team updated on news about the event and when milestones are achieved.



Rallying Your Team

Wentworth-Douglass Hospital

Seacoast
Cancer 5K



Team Captain Responsibilities

To get started, visit SeacoastCancer5K.org and click the "Register to Run" button on the top right corner of the page. This will bring you to Run Signup, the registration and fundraising platform. Click sign up and follow the prompts to set up your team.

Recruit and engage your team members by using their strengths and talents - this will make your job as the team captain more manageable.

Invite your friends, teachers, family members, coworkers and neighbors to join now! They can run or walk (5K or 1 mile) or join as a virtual participant. Your team's website has tools available to assist your team and promote the event. Make sure your team members know your team name to select from the drop-down menu when they click "Join a Team Fundraiser." The larger the team the more fun you will have! Set your team's fundraising goal and provide your team with fundraising tools. Encourage and recognize cancer survivors who are on your team and don't forget to thank everyone for participating!

Team Member Responsibilities

Once you register and create the team, you are the "Team Organizer." You will be able to send invitations to others to join you and register online through your Run Signup page. They will pay the registration fee and have the ability to personalize their individual fundraiser page. Encourage them to make a personal donation online to kick off their own fundraising efforts.

Your team members are active participants on your team. They should attend your rallies and meetings, any team fundraisers you create, and participate on the day of the event - if they can't join you at the event, they can register as a virtual participant and cheer you on from the sideline!

Team members help you reach your goal. Each team member is encouraged to raise at least \$250. Every dollar raised on their page counts toward your team! Encourage them to ask family and friends for support.

Team members can help you recruit other members to your team. Be sure to invite survivors and caregivers, too!



Proven tips to make fundraising easier

When you register for the Seacoast Cancer 5K, you will be asked to “Become a Fundraiser.” This is how your teammates join your team and create their own fundraising pages. Your choice to fundraise is vitally important to the fight against cancer in the Seacoast. The most comprehensive and complete cancer care is available right here in our community because of generous donors like you.

❑ Set a goal

Suggest a goal of \$1,000 per team or \$250 per individual. Being motivated to achieve a reasonable but challenging fundraising goal will help you rally additional support and will encourage donors to make a generous gift!

❑ Step up

Did you know that friends and family members are more likely to make a donation when they see you already did? Start off on the right foot by making a donation before you ask others to chip in!

❑ Get personal - Why I 5K

Customize your personal Run Signup Fundraising page to share why you are participating in the Seacoast Cancer 5K. How has cancer affected you or someone close to you? Add photos of your loved ones! Being authentic helps people connect to the cause, which will help you gain the support of your network. Why do you 5K?

❑ Talk it up

Tell your friends and family about your participation in the Seacoast Cancer 5K and ask them to support your efforts through a donation. Every bit counts! If you think you or your team will be receiving cash donations, contact specialevents@wdhospital.org to request customized donation envelopes to help you stay organized and collect the necessary donor information.

❑ Design a team logo

Post your logo on the team page and social media to get everyone excited! Customize team shirts with your new team logo and team name!

❑ Use social media

Simply copy and paste the URL from your Run Signup Fundraising page into a post to ask folks to join your team or support the cause.

❑ Host a community event

Donate proceeds from a bake sale, car wash or yard sale to your team's fundraising goal. E-mail specialevents@wdhospital.org for a copy of the community fundraiser logo to help promote your event.

❑ Ask for support

Engage your friends and family by telling them why are you raising money for the Mass General Cancer Center at Wentworth-Douglass Hospital. Be genuine and help people understand why this is so meaningful for you.

❑ Spread the word

Put up a notice in your gym, church, school, neighborhood websites, etc. A simple poster with your fundraising website can reach many people. Email specialevents@wdhospital.org for posters and other event materials!

Frequently Asked Questions



Registration

Why should I form a team?

Registering as an individual is wonderful, but many participants like to recruit family, friends and colleagues to create a team. Together you can enjoy the event, create team shirts, signs and be a part of something bigger than you! Plus, a little friendly competition between teams never hurts.

Is there a minimum or maximum amount of participants allowed on a team?

No, any amount of people can form a team. Remember, everyone, from age 1 to 101, that will be walking or running in the event needs to register and complete the waiver for participation.

One of my team members registered as an individual but now wants to be on my team?

When logged in, they should click on their profile in the top right corner and a drop down list will appear. Select "My Profile." Under "Fundraising," they will see the Seacoast Cancer 5K. Click "Edit Fundraiser." Once they click this button, the fundraiser creation fields will be open. To join a team, scroll to the bottom of the page and click "Join a Team Fundraiser." A drop down list will appear of the currently registered fundraising teams. Select the team that you want to join and then click on "Save Fundraiser Changes" at the bottom of the page.

Fundraising

How do I customize my team page?

1. Visit SeacoastCancer5K.org and click registration. Log into your Run Signup account.
2. Hover over your fundraiser and click "Edit".
3. Hover over the team page area and click "Edit".
4. Under photos, click the camera and you can upload your own photo on your campaign.
5. If you scroll down, click within the text box under "Story" and fill in your own information for your fundraiser.

Why is it important to customize my personal fundraising page?

Your personal fundraising page is a great place to share your story. Take a few moments to update your page, upload a photo and tell your friends and family why the Seacoast Cancer 5K is important to you. This will help you rally support for the cause!

How can I get my team members to raise donations on their own?

Setting a team goal is a great way to get started. If each team member collects \$25 from 10 people, that would be \$250 per person adding up to a sizeable team gift to the Mass General Cancer Center at Wentworth-Douglass Hospital! Be sure to communicate frequently with your team and share tools we provide you.

How do my team members pick up their bib numbers and shirts?

To avoid the lines on race day, we encourage you to take advantage of our Bib Pick Up opportunities on September 10, 11 and 12 and on race day, Sunday, September 14. You may pick up bib numbers for other registered participants using their first and last name.

Frequently Asked Questions



What if someone wants to mail a donation directly to the Foundation?

Checks can be mailed to:

Wentworth-Douglass Foundation
Attn: Seacoast Cancer 5K
789 Central Avenue, Dover, NH 03820

Be sure the donor notes the individual fundraiser or 5K team who should receive credit for their donation. They should also note how they would like their name credited on the team page (i.e., "Mary Charles" or "The Charles Family"). The Foundation will add the amounts from both cash and check donations to your online tally via Run Signup.

What resources are available to me to support my fundraising effort?

Contact specialevents@wdhospital.org to request these items:

- Flyers
- Donation Envelopes
- Save the Date business cards

Where do I pick up my bib and race shirt?

To help things move quickly on race day, we encourage you and your team to pick up your bibs and shirts in the days preceding the event.

Wednesday, September 10 | 4:00 PM – 7:00 PM
Somersworth Nissan
285 NH-108, Somersworth, NH

Thursday, September 11 | 11:00 AM – 4:00 PM
Wentworth-Douglass Hospital | Garrison Auditorium

Friday, September 12 | 9:00 am - noon
Bill Dube Ford Toyota
40 Dover Point Road | Dover, NH

Sunday, September 14 | 7:00 – 8:45 AM
In-person 5K - Portsmouth Outpatient Center
Pease Tradeport | Portsmouth, NH

Wentworth-Douglass Hospital

Seacoast Cancer 5K



SeacoastCancer5K.org



RUN. RAISE. RALLY. ROCK!

September 6-13, 2025 Virtual 5K
Anytime, Anywhere

September 14, 2025 In-person 5K | 9:00 AM
Wentworth-Douglass Portsmouth Outpatient Center
67 Corporate Drive | Pease Tradeport



Free parking onsite!

Learn more and register online at
SeacoastCancer5K.org



Stay Informed

For the latest event details,
follow us on social media or visit
SeacoastCancer5K.org



Registration Fee:

*June 4 - 30	\$30
July 1 - Sept. 12	\$35
**Sept. 13 & 14	\$40

*Register by 8/25/2025 to guarantee a shirt. Day of registrations not guaranteed a race shirt.

** Online and day-of, in-person registration cost

Participants under age 8 run/walk for free

Directions to WDH Outpatient Center on Pease

67 Corporate Drive, Pease Tradeport | Portsmouth, NH 03801

From the North (Dover/Rochester): take Route 16 South to Exit 1 off of the Spaulding Turnpike. Turn Right at the lights onto the Pease Tradeport.

From 95 South (Hampton/Boston): Follow signs to Route 16 North and Exit 1. Take a Left at the lights and go through the next set onto Pease.

Once on Pease:

Take a Left at the lights onto International Drive. At the 4-way stop, take a Left onto Corporate Drive. The race site will be on your left.

From Route 33 (Greenland): Take a Left onto Grafton Road. Due to construction, at the stop sign, take a Left onto Corporate Drive. Take a Right onto International Drive. At the 4-way stop, take a Right onto Corporate Drive and follow the signs to the race site.

Parking Information

There is plenty of parking across from the race site on the Pease Tradeport. There will be parking attendants to direct you where park.

In case of rain

The celebration is on, rain or shine!



Contact Info:

Mogran Taylor
Development Coordinator, Special Events
Wentworth-Douglass Foundation
789 Central Avenue
Dover, NH 03820
(603) 740-3292

specialevents@wdhospital.org
SeacoastCancer5K.org

RUN. RAISE. RALLY. ROCK!

GET SOCIAL!

#SEACOASTCANCER5K
#WHYI5K



FACEBOOK

Set up a Facebook page for your team and make sure to like our Facebook pages:
@SeacoastCancer5K and
@WentworthDouglassHospital!



LINKEDIN

Follow us on LinkedIn for event updates and use #SeacoastCancer5K to post your own!



INSTAGRAM

Follow us on Instagram:
@seacoastcancer5k for race pictures!

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