



**THE SUN-HERALD CITY2SURF  
SUNDAY 17 - 24 OCTOBER**



Disclaimer: this photo was taken before COVID-19

## JOIN TEAM BANDAGED BEAR

**The iconic Sun-Herald City2Surf is once again going virtual!**

Taking place from Sunday 17 - 24 October, Sydney Children's Hospitals Foundation is calling on our supporters to join Team Bandaged Bear and make every step count #forsickkids

Together, we can make a difference to the lives of over 85,000 sick kids at The Children's Hospital at Westmead and Bear Cottage. Now more than ever before, they need your help to continue receiving world-class care, when and where they need it.

### ABOUT CITY2SURF VIRTUAL RUN

Run, skip or dance for 14km of fun anytime between Sunday 17 - 24 October. This year, you can make a difference over seven days, so rally your friends, colleagues and networks together and complete City2Surf 2021 in your neighbourhoods.

*Please ensure you stay COVIDSafe and adhere to current NSW Health guidelines.*

Sydney Children's  
Hospitals Foundation

the  
children's  
hospital at Westmead



## HOW TO REGISTER YOUR TEAM

1. Visit <https://city2surf21.grassrootz.com/chw>
2. Click **'Register Now'**
3. To create a team, choose **'Create team/ Group'** at the Registration Type step and complete your registration details
4. On the **'Charity Partner'** step, Sydney Children's Hospitals Foundation will already be pre-selected as your charity of choice. Make a donation or click **'Continue'**
5. Once you have finished registering you will receive an email with a link to your fundraising page
6. Make sure you share your team's name with your friends, colleagues and family so they can join the team
7. Share your fundraising page with your networks and ask them to support your run by making a donation

## HOW TO JOIN AN EXISTING TEAM

1. Visit <https://city2surf21.grassrootz.com/chw>
2. Click **'Register Now'**
3. At **'Registration Type'** choose **'Individual'** and then **'I'm part of a Team/ Group'**
4. Search your team's name and click **'Join'**
5. Once you have finished registering you will receive an email with a link to your fundraising page
6. Share your fundraising page with your networks and ask them to support your run by making a donation

## FUNDRAISING RESOURCES AVAILABLE

This year, we have created a suite of Team Bandaged Bear collateral to transform every participant into a fundraising extraordinaire.

Visit [schf.org.au/city2surf-resources](https://schf.org.au/city2surf-resources) to download available resources today.

## TIPS AND TRICKS TO FUNDRAISING IN A COVIDSAFE WAY

There's lots of fun, engaging and unique ways to fundraise. Here's some ideas to get you started:



### Dare yourself for donations

Dare yourself to do something out of your comfort zone in return for donations. You could take a dip in cold water, wear fancy dress during training or colour your hair. Whatever you choose, make sure you share the proof with your network.



### Host a Virtual Trivia Night

Host a virtual trivia night and ask your friends and family to donate to enter. You could include some interactive games throughout the night to keep the fun times rolling.



### 10 for \$10

10 friends donate \$10 = \$100.  
Nominate 10 friends to donate today.



### Donate your Coffee

Give up your daily coffee or switch to homemade and donate the total cost for a week. Challenge your friends, family and colleagues to do the same.

## CONTACT US

If you have any enquiries about this year's City2Surf, please contact Community Relationship Manager, Skye Chalmers at [skye.chalmers@schf.org.au](mailto:skye.chalmers@schf.org.au)

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