



## 2016 YMCA STRONG KIDS MEGATHON FAQs

### **Q: What is the Megathon?**

**A:** The Megathon is a YMCA fundraising event where you can challenge yourself to a variety of fitness activities. For a great cause, you can do one fitness activity or you can do many. It's your choice and it's your challenge.

The funds you raise at the Megathon ensures every kid, family and adult in need can join the Y and participate in our programs. Thanks to donations funded in part by the Megathon, nobody is turned away from the Y based on inability to pay.

**This means when you join the Megathon, you are changing lives for the better.**

### **Q: When is the Megathon?**

**A:** Megathon will happen on Saturday, November 5, 2016 at all four facilities. The YMCA Megathon also coincides with a Health and Wellness Fair, a YMCA Strong Kids Auction and a carnival.

### **Q: Where is Megathon happening?**

**A:** Megathon events will take place at all four membership facilities.

Robert Lee YMCA – 955 Burrard St, Vancouver, BC

Langara Family YMCA - 282 W 49th Ave, Vancouver, BC V5Y 2Z5

Tong Louie YMCA - 14988 57 Ave, Surrey, BC V3S 8W7

Chilliwack Family YMCA - 45844 Hocking Ave, Chilliwack, BC V2P 1B4

Megathon activity times are specific to each facility – to look at our Mega schedules for the day visit the About section of [www.vanymcamegathon.ca](http://www.vanymcamegathon.ca).

### **Q: Who can participate?**

**A:** Everyone! We are engaging YMCA members, program participants, donors and friends from within our Y and the larger community. This year, we would like everyone to be a hero!

### **Q: What kinds of events will happen on November 5, 2016?**

**A:** Heroes are encouraged to participate in one of the fitness activities at their local YMCA. Megathon will be one big fitness party with staff, friends, colleagues, volunteers and heroes cheering one another on as they push through their challenge! Each YMCA centre will be offering different fitness challenges – including Cycle, Zumba to Yoga. You can participate in one activity or in as many as you like!

There will also be a Health Fair (Robert Lee and Tong Louie) and a carnival (Chilliwack)

**Q: Can children participate?**

A: Yes! This year we would love for the whole family to get on board the Megathon. What a fun day out with the family – supporting a great cause, getting the whole family active and healthy in the community.

**Q: How do I fundraise?**

A: Every participant will be provided with an online fundraising page that can be shared with family and friends. Registration fees are as follows:

- Pay a straight \$25.00 registration fee
- Pledge to raise a minimum of \$150 or more and receive free registration

If you choose to fundraise there are multiple fundraising incentives to try and reach!

- \$150 – free registration and a YMCA branded shaker bottle
- \$500 – Free registration YMCA branded shaker bottle and an iPod Shuffle

**Registration Basics**

**Q: Do I have to be a member to participate?**

A: No, everyone is welcome to join the challenge and help get kids healthy and active! Encourage friends, family and work colleagues to jump on board!

**Q: Can I Register in a team?**

A: Yes you can! Support one another in your challenges by joining in a team of friends, family or co-workers.

A minimum of 2 to a maximum of 10 team members.

**Q: When do I need to register by?**

A: Registration begins Sept. 1, 2016 online and in centres. You can pick up your paper registration form at every YMCA program site, or go to [www.vanymcamegathon.ca](http://www.vanymcamegathon.ca). Registrations will be accepted up until the day of the event, November 5, 2016, however some activities will be limited based on space and equipment available. Early registration is recommended.

**Q: How do I register?**

A: Go online to [www.vanymcamegathon.ca](http://www.vanymcamegathon.ca) and click on “Register”. If online registration isn’t convenient, pick up a form at your membership facility, or print it off the website, and submit it to the membership desk of your facility. .

**Q: If I am paying a registration fee do I get a tax receipt?**

A: Any registration fees paid would not be considered donations and tax receipts would not be issued for these contributions. Any donation over \$20 would, however, receive a tax receipt.

**Logistics on Donations**

**Q: What if I just want to donate?**

A: Absolutely! Donations can be made on our website: [www.vanymcamegathon.ca](http://www.vanymcamegathon.ca) or by emailing us at [megathon@gv.ymca.ca](mailto:megathon@gv.ymca.ca)

If you don’t feel like getting involved in a fitness challenge – you can sponsor someone else who may not be able to afford to pay, and enable them to partake in the Megathon. For more information please email the Megathon team at [megathon@gv.ymca.ca](mailto:megathon@gv.ymca.ca).

**Q: What is the difference between pledging and donating?**

A: Both pledges and donations are providing access to kids in your city to participate at their local YMCA. All pledges and donations over \$20 are eligible for a tax receipt.

**Q: Where will money raised go?**

YMCA Strong Kids is an annual fundraising campaign focused on raising much needed resources to support proven YMCA programs that give kids the opportunities they need to reach their full potential: to live healthier, happier lives today, and grow into productive adults in the future.

Supporting the YMCA Strong Kids Campaign directly helps children, teens and young adults in your community. Together, we can help kids reach their full potential.

**Q: Can I still donate next month or later this year?**

A: Of course! Please visit [www.gv.ymca.ca](http://www.gv.ymca.ca) to learn more.

**Q: Who do I make the cheque out to?**

A: You can make the cheque out to the YMCA of Greater Vancouver”

If you are mailing in your pledge form, registration or any donations please send them Attn: Narelle Dalke. YMCA Association Services – Suit 300- 5055 Joyce Street. Vancouver, BC V5R 6B2

**Some Additional Things you Might Like to Know**

**Q: What do I need to bring?**

A: This is your fitness challenge! Bring along a water bottle, workout clothes, indoor shoes and any equipment you need to complete your challenge. If you require any further support please contact your local Membership centre to make arrangements. But most importantly – bring your super powers!

**Q: Will Membership Facilities still be open for my regular workout?**

A: All of our Membership Centres will remain open the day of Megathon. However, there will be a higher level of activity in centres, and members choosing not to participate in Megathon may find the centre too busy to quickly and easily complete their regular workout.