

Welcome/Orientation Guide

Next Generation Foundation Marathon Running Team

Running to end poverty and illiteracy

*Run for a good cause and have your race fees reimbursed**



*see details within for race entry fee reimbursement eligibility

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Welcome to the Next Generation Foundation (NGF) Marathon Running Team.

About the Foundation

Next Generation Foundation (NGF) is a socio-charitable organization striving to create a revolutionary drive within people to make the social changes that humanity needs. One of our missions is supporting education of underprivileged children. NGF is built on the foundations of peace and prosperity to all humanity. We believe that every child across the world should have the equal and fair opportunity to choose his or her own destiny and build a better future for all people. We have taken our first step towards this belief. We have started with India, the home of our founding members, by extending help to the underprivileged children living in the world's largest democracy. In the long-term we aim to extend charitable help to other parts of the world. Come and join us in this revolution. We need your support. NGF is a 501 (c) (3) public charity. All contributions to NGF are tax-exempt.

The NGF Mission

"The Next Generation Foundation is committed to eradicating poverty and illiteracy among children across India. By providing education, healthcare and economic self-sufficiency to these children and their families, we seek to inspire the next generation with a hopeful vision of the future they cannot presently imagine."

To achieve our mission, we are embarking on the following steps:

- Assisting underprivileged children to obtain education.
- Providing financial assistance until completion of their formal education.
- Attending to their basic healthcare needs.
- Assisting in attaining economic self-sufficiency.
- Establishing partnerships with local grassroots socio-charitable organizations.

About the NGF Marathon Running Team

Team purpose:

To engage people in a team-oriented, healthy activity for fundraising that requires discipline and perseverance as a parallel to the teamwork, discipline and perseverance required of those who journey with NGF to achieve their mission. As NGF aspires to eradicate poverty and illiteracy among children, the NGF Marathon Running Team aims to raise funds to support those efforts.

Team structure:

The NGF Marathon Running Team is an umbrella team made up of individuals and sub-teams from different geographic areas that raise awareness about NGF and the organization's mission while raising funds for NGF programs through their efforts in running marathon and half marathon races.

Benefits to runners:

RACE FEE REIMBURSEMENT:

All runners who participate on the NGF Marathon Running Team are eligible to receive reimbursement for their marathon and half marathon race-entry fees provided the runner raises \$200 in excess of that fee for NGF. (Please see "procedures for participation" section for reimbursement procedure).

PERSONAL SATISFACTION

NGF Marathon Running Team participation gives runners the opportunity to reap personal satisfaction by achieving individual fitness goals and helping children rise from poverty and illiteracy. Runners have the chance to experience fellowship and camaraderie as they team with others as catalysts for peace and equality.

Runner responsibility

The NGF Marathon Training Team is not a coached training team. All team participants are self-coached or are training under a personally hired trainer. Runners are encouraged to seek health clearance from their physician prior to joining the team and to obtain medical treatment on their own as needed.

The NGF Marathon team encourages runners to become sub- team captains, fostering camaraderie with other runners working toward this common cause. Sub-team captains foster camaraderie among teammates by organizing group runs and coordinating team activities such as group fundraisers or social gatherings.

Procedures for participation

Individual members: *To participate as an individual member of the NGF Marathon Team, a runner must complete a participation contract form (which is supplied with this orientation packet), and mail it to Next Generation Foundation, Attn: Marathon Committee, 174 Oak Street, Shrewsbury, MA 01545. Additional forms can be printed from the Marathon Team section of the NGF Website:
<http://www.nextgenfoundation.org/ngf/marathon/index.htm>*

Individual runners can select any half marathon race or marathon race to participate in. A calendar of races across the country can be found at www.coolrunning.com. Runners can participate on the NGF Marathon Team on a one-time basis, running a specific race, and raising funds, or can participate on an ongoing basis by running an annual race on behalf of NGF or running several races throughout the year.

Runners are asked to inform the NGF Marathon Team Organizing Committee of all race plans, including the name, location and date of the intended race. Race plans can be included on the participation contract for the first race and mailed with the contract. For any additional future races, runners who have previously submitted a participant contract can simply update the Organizing Committee with upcoming race plans by sending an email to Marathon@nextgenfoundation.org. When sending an email update, please include the runner's name along with the date, location and name of the intended race. Runners are asked to inform the committee within 5 days after the scheduled race whether the race was completed or the reason for non-completion, as well as the amount of funds raised. Runners are asked to submit funds raised within 30 days of the race date. Runners raising at least \$200 over the amount of the race fee can be reimbursed for race fee expenses. All that is needed for reimbursement once funds have been submitted is completion of a short expense report that indicates the name and date of the race and the amount of the race fee, along with a race fee receipt. Expense report forms can be printed from the Marathon Team section of the NGF Website. Reimbursement requests must be mailed to NGF Marathon Running Team, 174 Oak Street, Shrewsbury, MA 01545 within 30 days after the race. Reimbursement checks will be issued within two weeks from the date the request is received/approved.

Teams: *Runners who wish to train/fundraise in unison with other runners who are working toward supporting the NGF mission are encouraged to form a sub-team that selects races together, meets for group runs, and organizes group fundraising events. All sub-teams must have a team captain who coordinates the team's affairs.*

Team Captain duties: *Team captains are responsible for insuring that all members of the team turn in their NGF Marathon Running Team participation contract form. The team captain will submit a sub-team roster of participants to the NGF Marathon Team Organizing Committee. The team captain will also inform the committee of any races the sub-team is intending to participate in and will turn in all funds and team reimbursement requests to the committee within 30 days after a race. Team captains are asked to inform*

the committee within 5 days after the scheduled race the names of sub-team members who completed the race, or the reason for any member's non-completion, as well as the amount of funds collectively raised. Additionally the team captain will organize weekly group runs and if desired, work with teammates on developing group fundraising activities.

Fundraising strategies

Raising funds on behalf of NGF is an important part of helping the organization achieve its mission. With your help in raising funds, children across India will be able to attend school and have hope for a more promising future.

Here are some strategies you might consider using as you embark on your fundraising endeavors:

1. Send a letter (by mail or email) to friends, family members, co-workers and neighbors explaining to them what NGF is about, why you're drawn to support the cause, and how your efforts in a running a marathon or half marathon race are a metaphor for the efforts needed to eradicate poverty and illiteracy. Let them know that even small contributions can make a huge impact on the life of a child. Invite them to support your fundraising campaign by making a contribution of any amount they can spare.
2. Organize a fun event, such as a dinner dance or bowling party where people contribute an entry fee for a fun day or night that enables people to have fun while learning about and celebrating the NGF mission. Proceeds after your expenses can go toward your fundraising campaign. Consider adding a raffle or silent auction to the event, asking area businesses to support the cause by making in-kind donations of raffle prizes or auction items.
3. Hold a bottle and can drive.
4. Organize a car wash
5. Be creative and have fun. Think of your own ideas for raising funds.

Next Generation Foundation Marathon Team Member Participation Contract

Please print clearly or type:

DATE: _____

NAME: _____ BIRTHDATE: ___/___/___

Male or Female: _____

ADDRESS (Street address with city, state and zip code): _____

HOME PHONE: () _____ - _____ BUSINESS PHONE: () _____ - _____

EMAIL

ADDRESS: _____

Race plans for first race as an NGF Marathon Team Member:

Name of race _____

Date of race _____ Location of race: _____

Team Membership Waiver

I understand that running races can be potentially hazardous and that I should not enter and run in events on behalf of NGF unless I am medically able and properly trained. I have discussed my intentions to train for and run half marathon or marathon races with my physician and have been given medical clearance to train for and participate in races of these distances. I assume all risks associated with running races on behalf of NGF including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and I, for myself and anyone entitled to act on my behalf, waive and release the Next Generation Foundation and all sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in races even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Additionally, I agree to remit all donations collected on behalf to NGF to NGF within 30 days of race completion. Finally, I certify that I have read the NGF Marathon Running Team orientation packet and agree to the terms stated within it.

Signature _____

Parent's signature (If under 18 yrs) _____

Parent's name (please print or type) _____