



Annual Newsletter

Runners of Compassion, Nanaimo Chapter

November 2011

Important Dates:

December 7, 2011
Give and Go

December 20-21, 2011
Hamperville

March 2012
Annual General Meeting

April 6, 2012
Fletcher's Challenge

May 27, 2012
Gutbuster Trail Race

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

~Dalai Lama

Shoes for Youth

It has been another stellar year for Runners of Compassion. We have provided more than \$7000 in funding to various families and projects in our community.

While success can be measured many ways, one sign of our success is the fact that the volume of funding applications we have received has increased. This is bittersweet – it shows that ROC is now a recognized name but

it also shows how just many families in need there are in our community. As such, we are committed to growing our revenue in 2012 to meet that increased need.

One of our goals is to give children the opportunity to participate in physical activity. Sports are so critical to a child's development that something as simple as a good pair of shoes should not be a barrier

to participation. To that end, we are particularly pleased with our "Shoes for Youth" program. We have provided close to \$3000 in athletic footwear to local kids, allowing them to run track, play soccer and enjoy gym class again.

Fundraising Highlights

Our primary source of income in 2011 was revenue from our two trail races, Fletcher's Challenge and Gutbuster. These events raised a total of \$5,753. We also received \$2000 in corporate donations and \$2345 in membership dues.

This revenue is vital to the continued success of ROC and our ability to meet community needs. Volunteers, corporate sponsors, ROC

members and race participants are the only way in which our philanthropic work can continue.

The amount of effort that goes into planning and executing two successful trail races is astounding. We would like to take this opportunity to thank all those individuals who volunteered their time in 2011. Nanaimo has a wonderful network of trails and we are proud

to show those off while raising money to help those in need.

We also appreciate the financial support provided to us by local businesses. Corporate donations account of a substantial portion of our revenue. We encourage our members to show their gratitude by continuing to patronize those local businesses.



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Runners of Compassion -
Nanaimo Chapter



Project Funding

In addition to the "Shoes for Youth" program, we have provided funding to a variety of groups, including a triathlon program for kids in Lantzville, a lunch plan at Bayview Elementary and a summer activities camp for children in Harewood. We also volunteered our time at Spuds and Duds, Hamperville and Go and Go.

In 2012 we plan to continue to seek causes like these where our funding can provide the biggest impact.

Funding applications are available on our website.

About Runners of Compassion...

ROC Nanaimo was founded in 2003 by a group of runners interested in providing support and funding to local charitable causes. We are a registered non-profit society organized entirely by volunteers.

Our primary mandate is to provide financial support to local youths

and families who would otherwise not be able to participate in sport. Our Board of Directors meets monthly to discuss funding applications and develop strategies to raise money.

To build camaraderie and as a means to meet other like-minded individuals, we meet

weekly for a trail run followed by breakfast at one of the local coffee shops.

If you are interested in becoming a member, please contact us. If you already are a member, we thank you for helping make ROC what it is.

Runners of Compassion are grateful for the continued support provided by these local businesses:

24 Carrot Catering
Central Drugs Lantzville
FortisBC
Planet Clean
Pure Chiropractic
Island Timberlands
Jason Blanchette (Realty Executives)
Soul Sister Studio
The Buzz Coffee House
Thrifty Foods
VI Integrated Sport Performance Centre



Oak Bay Bikes
Om Town Yoga
Fronrunners
Howard Johnson Hotel
Island Performance Health
Rocky Mountain Chocolate Factory
Sport Mart
Jump Start Bootcamp
Laird Wheaton
Nanaimo Daily News
Newcastle Nissan

Thank you.

