



I PROMISE 15

I promise to complete 15 awareness activities over the next 15 months. Here are some suggested activities to assist you:



@iPromise15

iPromise15.org

- ☒ Today is the first step! You attended the Fundraiser by the Fountain and made this promise!
- ☐ Watch The Truth 365 documentary and participate in the social media campaign that gives a voice to all children with all types of cancer. (thetruth365.org)
- ☐ Help spread The Truth by sharing links to The Truth 365 documentary with the celebrities and public figures listed here <http://www.thetruth365.org/participate/>
- ☐ Sign the Petition for Increased Federal Funding for Childhood Cancer Research at <http://www.thetruth365.org/petition/>
- ☐ Send a letter to each of your U.S. Representatives and Senators to sign The Truth 365 pledge to support children with cancer (check your state at <http://www.thetruth365.org/pledge/>)
- ☐ Participate or volunteer for CureFest on September 1, 2013. (see <http://www.journey4acure.org/roll-for-the-gold/>) for more details
- ☐ Wear a gold ribbon throughout September in recognition of National Childhood Cancer Awareness month
- ☐ Participate in the Race for Every Child (join Team Gavin) on October 5, 2013. Register at <http://childrensnational.donordrive.com/index.cfm?fuseaction=-donorDrive.team&teamID=5319#roster>. Can't run? Donate!
- ☐ Participate in the upcoming Inaugural Gavin Rupp Open, organized by Kyle's Kamp <http://www.kyleskamp.org/>
- ☐ View Heroes Curing Childhood Cancer Video 2013 by Children's National Hospital at <http://vimeo.com/60659549> and share it with others (Facebook, Instagram, Twitter, wherever)
- ☐ Hair donation to Locks of Love (many of the area hair salons will do the cut for free). <http://www.locksoflove.org/>
- ☐ Visit the Bear's Gift shop on <http://www.childrengiftshop.org/> and give gifts that keep on giving for the holidays
- ☐ Wear Gavin's SPIRIT COURAGE STRENGTH wrist band, or a #15 patch on your team's uniform or shoes – visible representation of what Gavin's legacy stands for (Every day Pediatric Cancer Awareness until the disease is eradicated).
- ☐ Come up with your own creative fundraising campaign to raise money and/or generate for pediatric cancer awareness
- ☐ Wear a Kyle's Kamp Gavin 15 or The Truth 365 t-shirt for your next race
- ☐ Proudly display the Childhood Cancer (Gold) ribbon magnet on your car (can be purchased at <http://www.choosehope.com/category/childhood-cancer-gold> for \$3.00)
- ☐ Educate your class, group, or organization. American Childhood Cancer has a presentation you can download "Unsung Heroes") or you can order a kit from A Lion in the House (<http://www.mylion.org/kit/>)
- ☐ Need a pair of new athletic shoes to run or for school? Look at purchasing a pair of ASICS GEL-Noosa Tri 8 - \$2.00 of each pair of ASICS sold will go to Cookies for Kids with Cancer (<http://www.asicsamerica.com/pediatric-cancer>)
- ☐ From now until the end of September, you can send someone a bouquet from Teleflora's Sunny Day Collection (http://www.teleflora.com/alexs-lemon-ade-stand-also-donations-150592_150593c.asp) and 10% will be donated to fight childhood cancer.
- ☐ Collect "Pop Tabs" for the Ronald McDonald House. See (<http://rmhc.org/how-you-can-help/pop-tab-collections/>) for more information.
- ☐ Cook a meal, volunteer time, donate a wish list item (our local chapter <http://rmhc.greaterdc.org/>), or donate your change at McDonalds, to help support the Ronald McDonald house.
- ☐ Will you consider donating through Crowdrise to help support the iPad program? <http://www.crowdrise.com/journey4acureipads/fundraiser/journey4acure1>
- ☐ Participate in Tri for LOVE. A Sprint Triathlon for Taylor Love Sept 15, 2013 6:30am in Herndon. See <http://www.active.com/triathlon/herndon-va/tri-for-love-2013> for more details.