

Here in blue for you!



THE FATHER'S DAY
**WALK
RUN**

FOR PROSTATE CANCER

www.thefathersdayrun.ca

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**Prostate Cancer
Foundation Canada**

2026

Tool Kit

Welcome

Thank you for joining us for 28th Annual [Father's Day Walk Run](#) in support of Prostate Cancer Foundation Canada.

Since 1998, The Father's Day Walk Run supporters have helped us change the lives of men dealing with prostate cancer. In 2023 PCFBC was renamed to Prostate Cancer Foundation Canada. A new name which reflected on the work that the foundation had taken on since 2021.

You can join participants all across Canada by raising funds and awareness to help build a world where no man has to hear the words "you have prostate cancer".

1 in 8 Canadian men are diagnosed with prostate cancer in their lifetime and many more are supporting loved ones through their diagnosis.

We are so excited for you to join us and be part of this Father's Day tradition!

[This is a time to celebrate survivors, families, loved ones and remember those we've lost.](#)



What's in store

Included in this Tool Kit you will have access to a number of resources to make your Walk Run memorable and fun!

- Foot Steps to success
- Fundraising Tips & Tricks
- Facts & Stats
- Let's get this party started
- Printable poster
- Printable bib
- Footsteps to the finish line
- What your support means



For more information on the event please visit www.thefathersdayrun.ca

Foot Steps to Success



#1

SIGN UP

Sign up for
The Father's Day Walk Run
as an individual, or start
your own team!
www.thefathersdayrun.ca



#2

CREATE

Once you are registered, you
can design your very own
fundraising page to let your
friends and family know that
you're participating in this event!



#3

FUNDRAISE

Email, post and share to kick
start your fundraising.



#4

WALK OR RUN

Run or Walk on Father's Day.
Warm up, Have Fun, Be Safe, Stretch

Fundraising Tips & Tricks

Do you know the #1 reason why people don't donate? It's because they weren't asked! Fundraising is a volume business - you generally need to ask a lot of people to get results. Unfortunately, not everyone will say yes, but you never know who in your friend or contact base might have a connection to prostate cancer or may just be more charitable than you thought!

5 BASIC FUNDRAISING TIPS!

1. Lead by example - Consider donating to your fundraising page to kick off your efforts and show your potential supporters that you mean business.
2. Personalize your tools - Customize your fundraising page with your own photo and a personal story about why you are doing this.
3. Spread the word - Use social media, emails, phone calls...anything that will help you reach a large audience. Remember the rule of three. It often takes 3 tries before you have success. Everyone is so busy these days people will often miss your first or 2nd email or social media post.
4. Be creative - Start an office pool, organize a garage sale, or come up with your own unique fundraiser...then let us know about it so we can help get the word out about your event (or maybe we might even steal your idea...)
5. Communicate with your donors - Make sure they know that you consider them to be an integral part of your team.



Facts & Stats



Prostate Cancer
Foundation Canada

Learn more at:
www.prostatecanada.ca
SUPPORT, AWARENESS, RESEARCH

Funds raised through donations and events like The Father’s Day Walk Run are used to support several initiatives in their region, including:

66 prostate cancer support groups in communities throughout Canadas and growing.

A mentorship program that matches men who have recently been diagnosed with those who have gone through it already and can give them advice, guidance and support

Resource packages, called Reef Knot Kits, that are sent free of charge to men newly diagnosed men to help them me informed decisions about their treatment and next steps following a diagnosis

Funding research projects that are helping in the efforts to determine the best methods for prostate cancer detection and treatment. \$2.68 million dollars has been granted which had funded 92 projects.

Promoting awareness and education through community events, speaking engagements, wellness fairs, seminars, leadership training, conferences and other forums

PCFC works hard to keep administrative costs low (less than 10%) so more of each dollar donated goes directly to supporting men living with prostate cancer in Canada.

Let's get this party started

- Register for the Father's Day Walk Run at www.thefathersdayrun.ca.
- For Virtual pick your route and decide who you'll be enjoying the day with. Confirm with your friends and family the time and location.
- Print out your "I'm Running For" bib to decorate your window at home. Let everyone know that you are supporting prostate cancer.
- Dig out your Father's Day Walk Run t-shirt and dress in your wackiest, blue-est outfit to show your neighborhood that you're participating in the Father's Day Walk Run.
- Take photos of the day and post on social media using #thefathersdayrun



Printables



On the following pages, you'll find a few ways to help bring out some of that blue spirit!. All you have to do is print the pages you want!

Post your photos on social media using the hashtag [#thefathersdayrun](#)



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I'm Walking For

Foot Steps to the Finish Line (Virtual Event)

Ideas for your custom finish line.
Check out some of our favourite suggestions and see what you can
find around your house to add to it!

Post a picture of you and your family crossing your finish line
using the hashtag #thefatherdayrun



BALLOONS



CHALK



RIBBON



MUSIC



STREAMERS



POSTS

With your support

Participating in The Father's Day Walk / Run means that you are supporting Prostate Cancer Canada's initiatives.

RESEARCH

With your help, we can continue to help fund the work of researchers in BC and across the country aimed at improving the quality of life of prostate cancer patients, improving diagnostic methods, improving survivorship programs, discovering new and improved treatment methods, and understanding more about what causes prostate cancer to grow in some men's bodies, but not others.

AWARENESS

Many of the men dearest to our hearts at the foundation would not be alive today if not for getting their PSA checked. With your help, we can continue to create awareness campaigns that aim to ensure that everyone knows about the importance of getting checked.

SUPPORT

With your help, we can continue to provide virtual support group meetings, webinars, and one-on-one peer counselling free of charge to men, their partners, and loved ones across the country.



\$2,680,000
granted to local researchers



66
support groups across Canada

