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Special Olympics Canada Foundation

CF24 for Special Olympics

October 20th 2018

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CF24 for Special Olympics is a national fitness challenge & fundraiser. On **October 20th, 2018** gyms and fitness centres across Canada open their doors to members and community supporters alike as participants complete a marathon of workouts alongside local Special Olympics athletes.



20 Canadian Cities



40 gyms across
Canada



1500 CF24
participants
expected for 2018



45,000 Special
Olympics athletes
supported



\$800,000 donated
to date

CF24 for Special Olympics began in 2012 as a way to engage fitness & CrossFit enthusiasts from coast to coast in the Special Olympics movement, introducing participants to Canadians with an intellectual disability and proving

WHAT A DIFFERENCE A DAY CAN MAKE

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WHY SHOULD WE GET INVOLVED?

- Join a national movement and promote your gym's community spirit and commitment to supporting Canadians with a disability!
- Provide your members with a day to remember, and the opportunity to give back to their community
- Compete against other gyms across Canada in athletic competition and fundraising during CF24
- Receive constant support from the CF24 team to help you plan a successful CF24 event at your gym!
- Meet local Special Olympics athletes who will join you for a workout during your CF24 event

"Special Olympics is important to me because I get to train and compete in sports that I love. Special Olympics helps me make friends and be fit."

- Allie Price

Special Olympics Athlete & CF|24 Participant



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Choose from 3hr, 6hr, 12hr, or 24hr event styles!

Workouts provided by CF24

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WHAT TO EXPECT IN 2018

Every gym that participates in CF24 has the **full support** of Special Olympics Canada Foundation and the CF24 team to help make their event a success!

Gym Owners & Managers	Special Olympics Canada Foundation & CF24	Individual Participants
<ul style="list-style-type: none">★ Use CF24 resources to advertise your CF24 event on October 20th and get your members signed up!★ Work alongside CF24 team to secure local sponsors and donors for your event★ Plan your CF24 event including the length of your event, meal plans, speeches, etc★ Prepare to welcome a local Special Olympics athlete to your gym for 1 workout!	<ul style="list-style-type: none">★ Create tools and resources to help each gym plan their own CF24 event★ Facilitate registration, fundraising portals, and event-day logistics for all gyms across Canada★ Organize gym toolkits, participant shirts, and fundraising prizes and send to all participating gyms★ Arrange a visit from a local Special Olympics athlete!	<ul style="list-style-type: none">★ Sign up for CF24 2018 at your own gym or at a gym in your area!★ Use the CF24 online registration system to start fundraising★ Share fundraising links with family & friends★ Compete against other athletes across Canada in both fitness competitions and fundraising contests

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For more information:

**Connect with Emma Lambert,
Event Coordinator for CF24!**

**emma@cf24.ca
416-444-7309**



Help us prove

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when we come together in support of Canada's Special Olympics athletes



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