

# Welcome to the Krazy Kosci Klimb



Krazy Kosci Klimb 2022

## Welcome to the Krazy Kosci Klimb!

Thank you for joining us on the climb of a lifetime.

The Krazy Kosci Klimb is an incredible, unique event that empowers young people living with cerebral palsy and other disabilities to conquer goals they might not have thought possible.

During this challenge you'll conquer 18.5km to the top of Mt Kosciuszko and back, make incredible friends, and fundraise for Cerebral Palsy Alliance.

Not only will the Krazy Kosci Klimb change your life, but it will change the lives of countless others by raising vital funds for Cerebral Palsy Alliance's Accessible Gym and Sport Program - so thank you again.

This guide has all the information you need to smash your fundraising goal, but if you ever need anything else, we're always just a phone call or email away.

Many thanks,

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We're here to help! If you have questions, need more information, or just want to let us know how your fundraising is going, you can get in touch with us by emailing [mary.paehlig@cerebralpalsy.org.au](mailto:mary.paehlig@cerebralpalsy.org.au)

# This is the start of a wonderful journey

You're part of a very special group embarking on a remarkable journey that will ultimately improve the lives of many people living with a disability.

Undertaking this journey is a challenging yet immensely rewarding experience and we hope you'll remember it for the rest of your life.

As with any great journey, it all begins with a first step. The first step might seem overwhelming, but follow the steps in this guide to help you along the path to fundraising success.

## Quick Facts

Knowing some facts about cerebral palsy will help you when asking people to donate to your climb. Below are some facts about cerebral palsy, and how your fundraising for Cerebral Palsy Alliance's Accessible Gym and Sports Program will help.

- Cerebral Palsy is a life-long condition with no known cure.
- One in every 700 Australian babies is born with cerebral palsy; that's one every 20 hours.
- It's estimated that 1 in 5 Australians are living with a disability.
- Krazy Kosci Klimb raises funds to purchase customised gym equipment and provides profesional support to deliver sports programs and specialised camps for people living with a disibility through Cerebral Palsy Alliance's Accessible Gym and Sports Program.
- Last year, the Accessible Gym and Sports Program benefited 790 people living with cerebral palsy and other disabilities.



1 in 3 is  
unable to  
walk



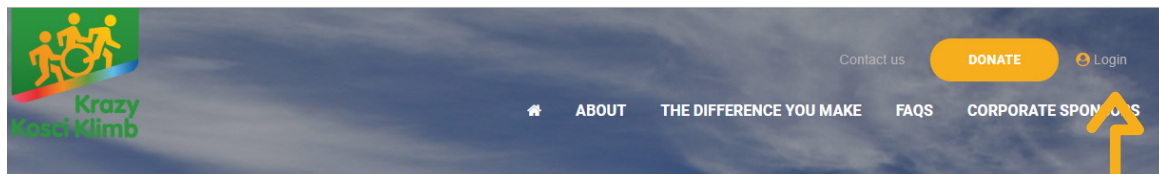
1 in 4 is  
unable to  
talk



3 in 4  
experience  
pain

# Using your fundraising page

## 1. Logging in to your fundraising page

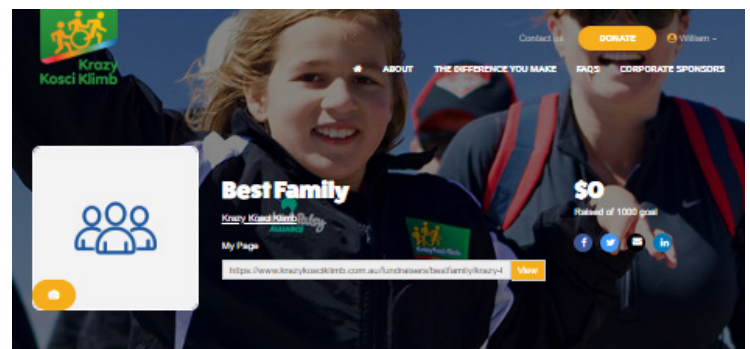


Go to [www.krazykosciklimb.com.au](http://www.krazykosciklimb.com.au) and click 'LOGIN' in the top right corner. Your username and password will have been emailed to you. If you have any trouble logging in, please let us know so we can assist you.

## 2. Viewing your dashboard

Your dashboard shows you everything you need to know at a glance.

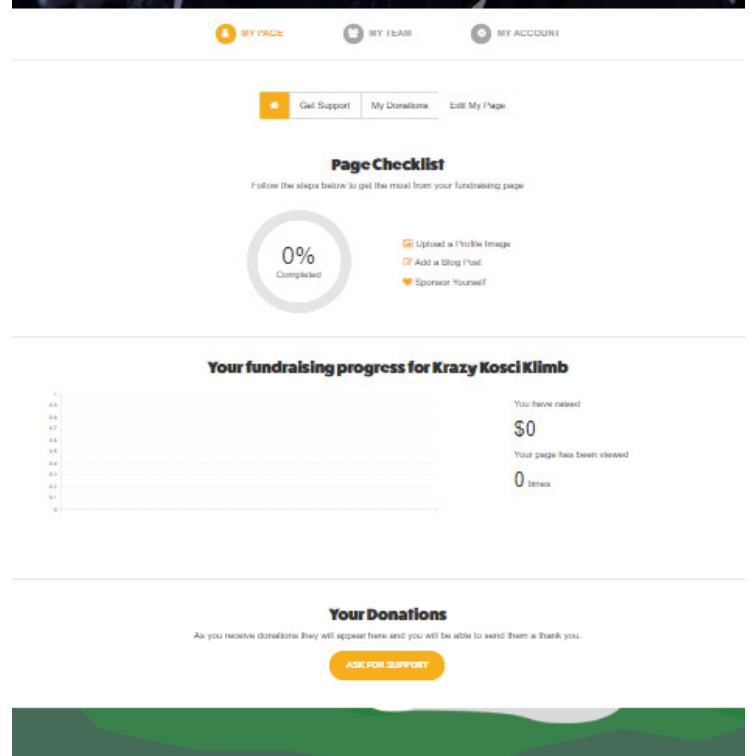
Here you can see your profile image, team name, URL and how much you've raised. Click 'VIEW' to view and edit your fundraising page or click the icons to share your page.



As you complete different activities around your fundraising page, your progress will be shown here.

When you start sharing your page, you'll be able to see how many times people have gone to your page, and how much you've raised.

You can also ask people to support you from your dashboard. Just click 'ASK FOR SUPPORT', and you'll be able to share your page via email or social media.





# Using your fundraising page

## 3. Editing your fundraising page

Once you've logged in to your dashboard, click 'VIEW' (next to the page URL) to view and edit your page.

Upload a new profile photo by clicking the camera button. You can also share your fundraising page from this view by clicking the icons.

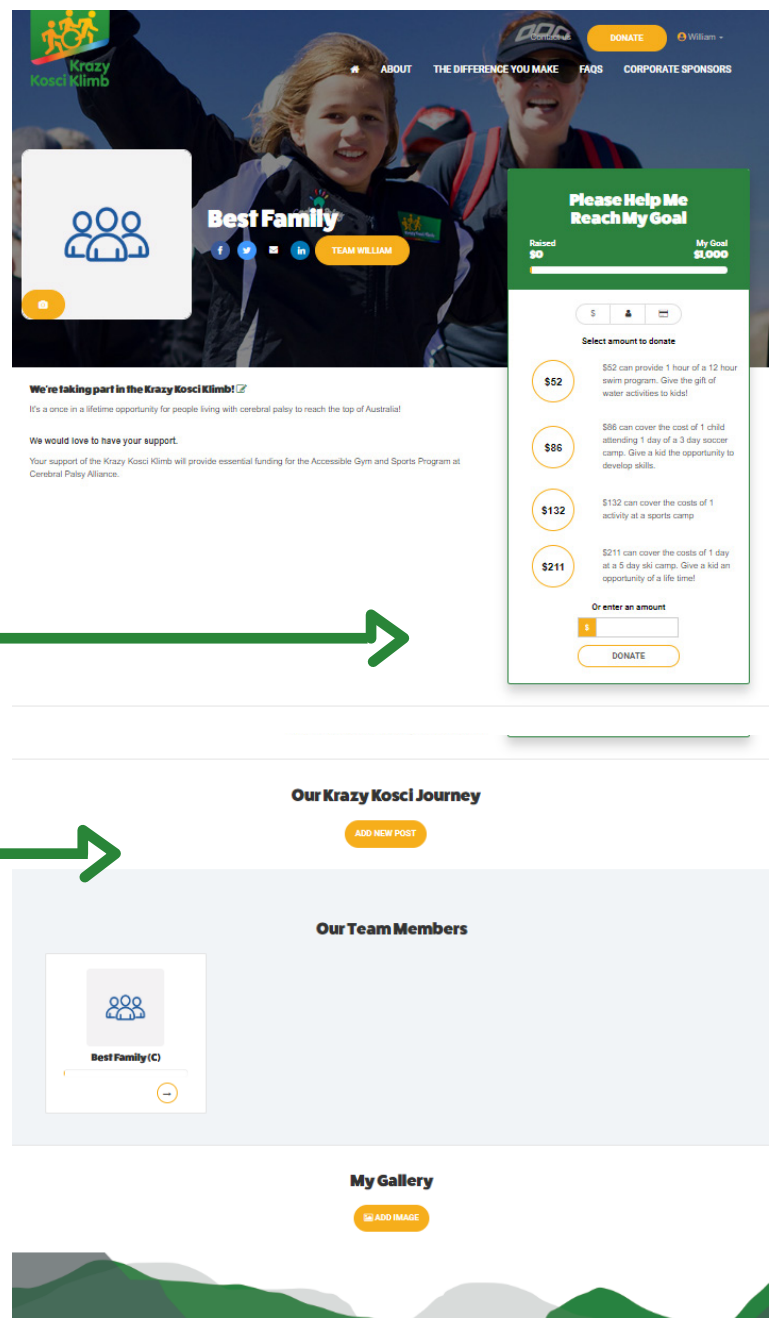
Click the pen icon to update this section of text. It's a great idea to tell your story about why this event is important to you.

Your donors will select their donation amount here or enter another amount. The progress bar will update as you raise funds and get closer to your goal.

Update your supporters by posting blogs. Tell them about your training, celebrate your milestones and fundraising, or anything else you want to share!

Your other team members will show here. Clicking on them will take you to their page.

Upload photos to show your supporters how you're going. Share photos of your team, your training activities and anything else your supporters would like to see.



# Let's get things started



## Update your fundraising page

Your fundraising page has been created for you, now, all you need to do is make it your own! Follow the instructions on the previous pages to update your profile photo, share your story and post photos.



## Donate to yourself

Show your donors just how important this is to you by making the first donation to your fundraising page.

This will not only encourage others to donate, but it will also give people a guide of how much they should donate.



## Ask friends & family

Once you've personalised your fundraising page and you've made a donation, reach out to close friends and family to give your fundraising some momentum. Send them a text message or email, or give them a call to personally ask them to support you.



## Ask everyone else

Next, spread the word by sharing your fundraising page on social media. Post on Facebook, Twitter, Instagram - anywhere you normally spend your time online. **Top tip:** When you get close to reaching your fundraising goal, increase it to encourage people to keep donating.



## Thank your donors

Saying thank you goes a long way. Post on Facebook and tag your donors to show how much you appreciate their support - and it's also a great excuse to share your fundraising page once again.



## Ask friends & family... again

Don't be scared to send follow up messages or emails. People often think they'll do things later on and then forget. Letting them know about your fundraising and training progress will also act as a reminder to those who have forgotten.

# Fundraising ideas for families

Here's a few ideas we've seen work in the past, but there are so many different ways you can fundraise amongst your family and friends, school, community or workplace - you're only limited by your imagination!

We want you to have fun while fundraising, so don't be afraid get creative with your activities. Think about the things you enjoy doing and try to build a fundraising activity around that.

Don't forget: We're here to support you, so if you need anything to help your fundraising or have an idea you want to run past us, give us a call.

## Get baking



The best way to people's wallets is through their stomachs...That's the saying right?

Hosting a bake sale at your school or local shopping centre is a great way to raise money. If sweets don't feel like the way to go, a BBQ or healthy treat sale might be the way to go.

## Donate your time



Let your community know you are in business! Every parent is keen for a night away from the kids, so why not offer to babysit but instead of charging a fee, ask for a donation to your fundraising. Post on Facebook to let your friends know you're available for babysitting.

## Donate a day



Rather than asking for gifts for your birthday or Christmas, ask people to donate to your fundraising. Raising money in lieu of gifts has recently become very popular so people will be familiar with the idea. **Be sure to share your fundraising page link rather than creating a Facebook Fundraiser.**

### Be sure to keep everything safe and legal.

We do not endorse door-knocking to raise funds, and street collections are subject to strict regulations.

Please also note that raffles, lotteries and prize draws are governed by legislation in Australia so it's a good idea to check [nfplaw.org.au](http://nfplaw.org.au) or check with us to ensure your raffle follows legislation.



“Our team got together for an in house corporate lunch to raise money for the climb. Alexis and her family went into the office to had a wonderful time meeting and inspiring the staff who were fundraising and donating.”

- Martina, Team Lead



### Dog walking

Another service you could offer is dog walking. It's a great way to get active ahead of the climb, a great way to raise some funds and you get to spend time with cute and cuddly dogs! Do a letterbox drop in your local neighbourhood or post on Facebook to spread the word.



### Hold a raffle

Local businesses are generally very happy to donate products to be used as a raffle prize - you just need to ask. Once you've gathered a few prizes, sell raffle tickets to your friends, family & colleagues to raise some funds. If you don't have time to source prizes, simply allocate 50% of the money from sales as the prize. The other 50% will go towards your fundraising.



### School mufti day

Ask the student council, teachers or parents committee at your school about having a mufti day to raise money for your Crazy Kosci Klimb. You could choose a theme, (like dress in green, or dress as something starting with K), or just do free dress. Ask students and staff to make a gold coin donation that will go towards your fundraising tally. The school might also be happy to hold a BBQ on the same day to raise even more funds.



Got a better idea?

Go for it! We're here to support you in your fundraising, so please reach out if you have a great idea - we'd love to hear it.



# Fundraising ideas for corporate sponsors

There are a lot of great ways for your corporate team to raise funds for the climb. Some require a bit of effort, and others are super simple to do. Here are some suggestions, but feel free to get creative, or take a look at some of the suggestions for family teams.

## Update your email signature



Update your email signature using the image we've provided (of course you're also welcome to create your own) and link it to your fundraising page.

## Collection Jar



If your work has a front desk, reception or staff area, ask if you can place a collection jar there. Print off a sign about why your fundraising to go stand next to it.

## Get trivial



If you're a natural organiser, a Trivia Night is a great way to have some fun and raise some money. Part (or all) of the ticket sales will go to your fundraising and you might choose to hold a raffle or auction on the night to raise even more.

## Go casual



Remember how exciting mufti days were at school? Well why not try and re-create the atmosphere by hosting a casual day in the office. Ask people to make a donation towards your team and in return they can wear casual clothes all day.

## Embrace the 3pm munchies



It's 3pm and the sugar cravings have hit - we've all been there. Make the most of it by baking treats (or healthy protein balls) and sending an all office email at 3pm letting everyone know that they're available for a donation.

## Team lunch



There's a few different ways to raise money with a team lunch. You might ask everyone to bring lunch from home and donate what they would've spent buying it, or ask the members of your Kosci Team to bring in a dish and inviting people to join you for lunch for a donation, or even host a BBQ with sales going towards your fundraising total.

# Fundraising ideas for the whole team

## **Bunnings BBQs**

Bunnings BBQs take a bit more time and organisation, but the money you can raise is often well worth it. Be strategic and choose a busy store, then get the whole team involved. Some smaller Bunnings stores may allow you to set up a cake stall rather than a BBQ. Approach local butchers/bakers to see if they can support you by donating or offering discounted meat and bread.

## **Hold a car wash**

Your school or work are great places to hold a car wash. It's a fun event that everyone can get involved in. People will be more than happy to make a donation to get their car sparkling clean again.

## **Hold a stall at your local markets**

Local communities will be so supportive of your fundraising! If there is a local market in your area, book a stall to help your fundraising. You could make it a cake stall or a second-hand clothes or book stall. It will be a great chance to raise some money and spread the word about what you're doing. Don't forget to tell the organisers that you're raising money for charity and they may be happy to discount the stall fee.

## **Approach local media**

As part of your registration, you'll receive a media release template that you can personalise and send to local media. Include quotes from both the participant and their family and the corporate sponsor, as well as a picture and up-to-date contact details.

## **Host a team event**

Having the whole team together is powerful, can lead to some serious fundraising, and is seriously fun. Hold a morning tea, lunch, BBQ - whatever works and get people from both the participant family and corporate sponsor to share a bit about why the Krazy Kosci Klimb is important to them.

**Cerebral Palsy Alliance**

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