

# Get Involved

Join the **IRONDames'** Construction Campaign to raise \$200,000 to build and equip a new **Cancer Exercise Facility for WELLSRING Halton-Peel.**

1. Become an **IRONDame** – By choosing to commit to one of the following three levels of participation:

## Believe



- Join as you believe in WELLSRING, the IRONDames and the benefits of exercise
- Participate in IRONDame fundraising activities including our Annual Lace up for LOVE Mother's Day Walk/Run
- Support IRONDames at local races
- Help organize IRONDame fundraising activities.
- Commit to fundraising a minimum of \$500

## Inspire



- Join as you have been inspired to set, train for and complete a personal first challenge such as a 10K Road Race, Centurion Ride, or Triathlon
- Participate in IRONDame fundraising activities including our Annual Lace up for LOVE Mother's Day Walk/Run
- Train for and participate in your personal fundraising life challenge
- Commit to fundraising a minimum of \$1,000

## Persevere



- Join as you are set to persevere through a physical life challenge such as IRONMAN, Great Canadian Mountain Traverse, a 50/100 Mile Ultra Marathon, or other endurance event
- Participate in IRONDame fundraising activities including our Annual Lace up for LOVE Mother's Day Walk/Run
- Train for and participate in your personal fundraising life challenge
- Commit to fundraising a minimum of \$2,500

2. Become a member of our **ID Construction Crew** by Volunteering at our **3<sup>rd</sup> Annual Lace up for LOVE Mother's Day 1 & 5K Walk/Run**
3. Become an Event Sponsor or Supporter by making a donation

For further information on becoming an **IRONDame**, a member of our **ID Construction Crew** or and Event Sponsor or Supporter please contact [irondames@gmail.com](mailto:irondames@gmail.com)