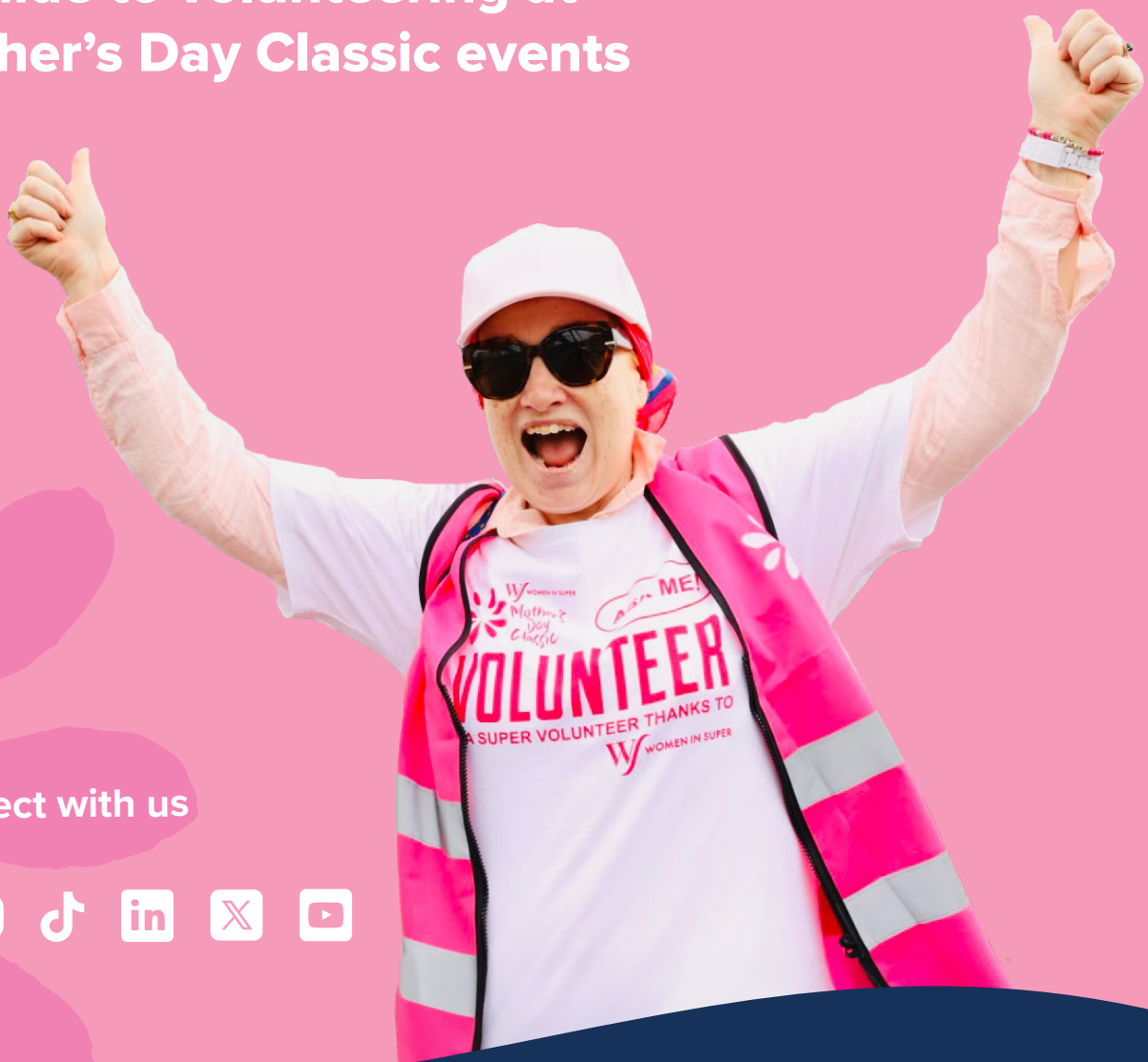


Event Day Volunteering Guide

A guide to volunteering at
Mother's Day Classic events



Connect with us



Mother's Day Classic Volunteer Program Proudly
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Acknowledgment of Traditional Owners

The Mother's Day Classic Foundation respectfully acknowledges the Traditional Owners of the various lands on which each Mother's Day Classic event is located.

We pay respect to Elders past, present and emerging, and celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands on which all of our Mother's Day Classic (MDC) events are held.

Join our community of volunteers

Volunteers are vital to the success of all our Mother's Day Classic events. Since 1998, thousands of people across Australia have contributed valuable skills, time, and energy in a range of capacities to help bring events to life. There are many reasons and motivations behind why people volunteer, and no matter how much time you have available, or the type of skills and experience you have or don't have, you can volunteer.

Read on for information about joining our community of volunteers and getting active for breast and ovarian cancer research.



Fast facts



12 women die each day from breast and ovarian cancers in Australia.

The purpose of Mother's Day Classic events is to raise funds and awareness for vital breast and ovarian cancer research. We can't do this without relying on the **generosity, support and time given by our community of volunteers**, both in the lead up and on event day.

Event day volunteers are invaluable at Mother's Day Classic, and our volunteer community helps us to reduce operating costs. When a volunteer donates an hour of their time, we save \$44.06¹ while receiving the assistance we need to bring events to life. **Ultimately, saving money increases our financial contribution to breast and ovarian cancer research.**

The Mother's Day Classic began in 1998 and \$44 million has now been donated to the National Breast Cancer Foundation (NBCF). In 2024 we're going even further and ALSO raising funds for the Ovarian Cancer Research Foundation. Everyone involved in the Mother's Day Classic is helping to fund essential research that will improve the lives of anyone touched by breast or ovarian cancers.

Visit our website to learn more:
www.mothersdayclassic.com.au

About Breast Cancer:

- Breast cancer is the second most commonly diagnosed cancer in Australia.
- 1 in 7 women will be diagnosed with breast cancer in their lifetime.
- Approximately 1 in 600 men will be diagnosed with breast cancer in their lifetime.
- Currently, approximately 57 Australians are diagnosed with breast cancer every day.
- In the last 10 years, rates of breast cancer diagnoses have increased by 33%.
- This year, it is expected that 9 Australians will die from breast cancer each day.
- Since 1994, the five-year survival rate for breast cancer has increased from 76% to 92%.
- The survival rate for metastatic stage IV breast cancer is much lower at 32%.

About Ovarian Cancer:

- Around 1,815 Australians are diagnosed with ovarian cancer each year.
- 49% of those diagnosed with ovarian cancer will survive five years from diagnosis.
- Approximately 1000 lives are lost to ovarian cancer annually in Australia.
- Ovarian cancer is the sixth most common cause of death from cancer among females in Australia.
- There is no early detection test for ovarian cancer - a pap/cervical smear does not detect ovarian cancer.
- Although a small number of cases are associated with genetic predisposition, the cause of most cases remains unknown.
- Due to the vagueness of symptoms and lack of early detection test, around 70% of cases are diagnosed when the cancer is in the advanced stages, having already spread to other parts of the body.

Being a volunteer has lots of benefits

Volunteering is one of the most rewarding things you can do.

Not only will you make a difference by supporting and honouring those diagnosed with breast or ovarian cancer in Australia, but it's a great opportunity to bring more meaning and purpose to your own life:

- Meet like-minded people and create new networks
- Learn new skills, or add to the ones you already have, and gain experience
- Challenge yourself by trying something different
- Gain confidence and increase your self-esteem
- Have fun whilst having a positive impact on your community
- Receive a free Mother's Day Classic Bucket Hat* and discount on MDC merchandise



*subject to availability

Anyone can volunteer

Our volunteer program is inclusive and accessible to people from different backgrounds, with diverse perspectives, identities, talents, abilities, and skills.

- Are you a young person keen to learn something new and find what excites you?
- Are you a student looking to gain experience to improve your chances of employment?
- Are you an older adult, looking to socialise and keep active?

There are no age restrictions to volunteer at a Mother's Day Classic event. However, if you are under the age of 16 years on event day, the supervision of an adult and consent of a parent or guardian is required before volunteering. Our supervision ratio requirement is 1 adult to a maximum of 10 juniors. If you are aged 16 to 18 you will require parental consent to volunteer.

Mother's Day Classic also offers great group volunteering opportunities:

- Do you belong to a club, association, group, or team looking for a unique and meaningful volunteering experience?
- Is your workplace looking for an opportunity to re-connect with your team, build and reveal skills, and build positive relationships within your organisation and community?
- Are you connected to an education institution that promotes volunteering as part of formal learning or as an extracurricular activity?

Depending on the size of your group, you could be rostered to stick together on event day, or choose to be mixed up – either way, a Volunteering Coordinator will work with you to create a fun and memorable experience! We can also provide you with a range of resources to help recruit members to your volunteering group.





Your event day experience

You're part of the team. There are many roles you can play at one of up to 75 events across Australia from course set-up, getting walkers and runners underway from the start, greeting them at the finish line and cheering them on around the course.

For Mother's Day Classic events to run successfully, we need reliable event day volunteers. We ask that you:

- Prepare for your shift by reading our event briefing.
- Be punctual.
- Communicate with us if things change.
- Behave in a manner that reflects positively on the Mother's Day Classic.
- Are flexible and able to accommodate change.
- Have fun!

To be well prepared for event day, we'll share a detailed event briefing in the lead up, including what to wear, what to bring, where and whom to meet.

On event day, you'll be well looked after. And at the end of the day, you will receive a digital Certificate of Appreciation to recognise your efforts, and we'll also ask you to share your thoughts and provide feedback in our volunteer survey so we can improve on our volunteer experience.

Registering to volunteer in three easy steps:



1. Register:

“New volunteers”

If you're new to volunteering at Mother's Day Classic, fill out our [registration form](#) here to create an account to our Volunteer Portal.

“Returning volunteers”

If you've volunteered with us previously or if you've expressed interest in volunteering in the past; you'll already have access to our Volunteer Portal. [Click here](#) to login and register with your pre-filled form, to volunteer for our upcoming events.

2. Apply for a shift:

“Major / Metro events”

For some events you can select your preferred role and shift. Follow the steps in your Volunteer Portal to choose your shift.

“Local events”

Volunteers at our local events will be automatically assigned to their event shift, and you'll be briefed on your role at the start of your shift. You will receive a shift confirmation email with useful details (please note this may take up to 24 hours to receive).

3. Get ready to volunteer:

Welcome to the team! To help you prepare for your shift, we will be in touch with a detailed event briefing in the lead up to event day. Contact us on volunteer@mothersdayclassic.com.au if you have any questions.

Registering a group of volunteers?

Let us know before you complete the Volunteer Registration Form, and we can set up a unique registration group and invitation link that you can share to ensure you're banded together. [Send details of your group via this form.](#)

**Mother's Day Classic is Sunday 12 May 2024.
Online Volunteer Registration is open until 9 May 2024.
Volunteers can register in person on the day.**



Get in touch

Interested in joining our volunteer community but have a question?

Head to the dedicated Volunteer Program page on our website www.mothersdayclassic.com.au/volunteer where you'll find more information and a link to the most frequently asked questions about volunteering.

And keep up to date with all things Mother's Day Classic through our social channels.

- Facebook <https://www.facebook.com/mdcwalkrun/>
- Instagram <https://www.instagram.com/mothersdayclassicaus/>
- TikTok <https://www.tiktok.com/@mothersdayclassicaus>
- LinkedIn <https://www.linkedin.com/company/mother's-day-classic/>
- X (Twitter) https://twitter.com/MDC_walk_run
- YouTube <https://www.youtube.com/user/mothersdayclassic>





Other ways to get involved

Register to participate

Get a move on this Mother's Day to stop breast and ovarian cancers in their tracks. Online registrations open on 15 February 2024. Visit www.mothersdayclassic.com.au

Make your experience extra special by [registering a team](#) of family, friends, colleagues, a community group or school. Get a move on to save lives! It's time to raise money for breast cancer research, ovarian cancer research, or both.

Host your own fundraising event

You could host a morning or afternoon tea, a games night, or even a fitness challenge. The limit is your imagination! Before getting started, please let us know about your event by requesting an [authority to fundraise](#) which will help those attending learn more about how donations make an impact.

Join an organising committee that works year-round

Make a unique contribution. Join a dedicated group of volunteers in the planning of one of our major events in Adelaide, Brisbane, Canberra, Darwin, Geelong, Gold Coast, Hobart, Melbourne, Perth, Sydney or Western Sydney. [Fill out this form to get started.](#)

Become a community ambassador

Whether they have been affected directly or indirectly by breast or ovarian cancer, our community ambassadors are passionate about helping in any way they can to spread awareness and make a difference. You might have a moving or unique story about why you support The Mother's Day Classic. Maybe you come back year after year, walk with generations of your family, walk or run in a team, have been directly impacted by breast or ovarian cancer or are doing this for a loved one.

If you would like to become a Mother's Day Classic community ambassador, please visit our website for more information: www.mothersdayclassic.com.au/ambassadors

Host a local event

If you're interested in bringing an MDC Event to your community, why not host a Mother's Day Classic Event. Please register your interest [here](#)