



Brigham and Women's Hospital
Founding Member, Mass General Brigham

**STEPPING
STRONG
MARATHON TEAM**

Meet the Brigham Running Team!



Ali Luthman
Alexa Ramer
Caroline Rees

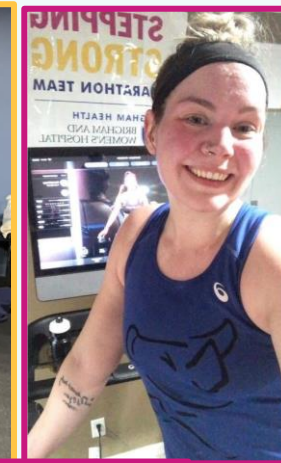


Meeting Agenda

- Welcome & Team Photo
- Stepping Strong Center Overview
- Fireside Chat with Dr. Matt Carty & Dave Cummings
- Team Updates
- Q&A



Congrats on raising over \$666,000!



A few words from our fearless team captain



Audrey Epstein Reny
Co-founder and team captain







Matthew Carty, MD
Director of Strategy and Innovation



Dave Cummings
Ewing Amputee Patient

Team Updates

Team Meetings & Events

- **Thursday, February 17:** Register for the B.A.A. 5K and run with the Stepping Strong Team! (optional; separate bib & fundraising commitment from marathon)

Text BWH5KRace to 51555 to be notified when 5K registration opens on February 17!

- **Saturday, March 19:** 18–22-mile training run
- **Tuesday, March 22 (6-7pm EST):** Team meeting #3 (virtual)
- **Thursday, March 31:** Second team fundraising deadline of \$5,000
- **Saturday, April 16 (AM):** B.A.A. 5K (optional)
- **Saturday, April 16 (PM):** Team Pep Rally
- **Monday, April 18:** Marathon Monday!
- **Wednesday, April 20:** We Did It Wednesday! (virtual)
- **Thursday, June 30:** Fundraising deadline




Long Run Update

- The B.A.A. has instructed all charity partners NOT to run on the Boston Marathon course the weekend of March 25, 26, and 27
- Long run will now take place as an out and back run from Joint Ventures on March 19
- Review Coach Furey's [modified training schedule](#) for more information

Runners who do not follow these instructions will not be allowed to participate in future Boston Marathons.



Runner Portal (<https://marathon.bwhevents.org/>)

**Brigham and Women's Hospital**
Founding Member, Mass General Brigham

Marathon Team


HOME FUNDRAISING TRAINING CALENDAR CONTACT

Welcome

The mission of The Gillian Reny Stepping Strong Center for Trauma Innovation is to catalyze multidisciplinary collaborations that inspire groundbreaking innovation, effective prevention, and compassionate intervention to transform care for civilians and military heroes who endure traumatic injuries and events.

Visit the links below to watch videos, follow us on social media, view our e-newsletter, read research updates, and explore media coverage so you can be a passionate advocate and ambassador for the Stepping Strong Center.

- **Follow Stepping Strong on social media:**
 - [Stepping Strong Facebook page](#)
 - [Stepping Strong Instagram page](#)
 - [Stepping Strong Twitter](#)
- **Learn more about the Stepping Strong Center:**
 - [Stepping Strong Center website](#)
 - [Stepping Strong Marketing Flyer](#)
 - [The Essence of Stepping Strong video](#)
- **Shareable Mission Moments:**
 - [Audrey Epstein Reny's exclusive essay for Today.com](#)
 - [A Swimmer Saved by What She Lost](#)
 - [Training students to patch up classmates' gunshot wounds sends message: Kids, you're on your own](#)
 - [Brain-Controlled Bionic Limbs](#)
 - [Traffic accidents are eighth leading cause of death globally, according to WHO](#)
 - [Jim Ewing Returns to the Cayman Islands for rock climbing with his new prosthetic limb](#)
 - [2018 Stepping Strong Fall Newsletter](#)
 - [Click here for even more news, media coverage and newsletters!](#)
- **Stepping Strong Annual Reports:**
 - [2020 Stepping Strong Annual Report](#)
 - [2019 Stepping Strong Annual Report](#)
 - [2018 Stepping Strong Annual Report](#)
 - [2017 Stepping Strong Annual Report](#)

**OFFICIAL CHARITY**

UPCOMING EVENTS

Riverside Training Run #2
February 5 @ 8:30 am - 11:30 am

Virtual Small Team Gathering #1
February 9 @ 6:00 pm - 7:00 pm

Wednesday Hill Training Run
February 9 @ 6:30 pm - 8:30 pm


[View All Events](#)

QUICK LINKS

- [Click here](#) for teammate contact information. Reach out and make new friends!
- [Click here](#) to access the Marathon TeamRaiser page.
- [Click here](#) to access Strava and the Stepping Strong club.




TeamRaiser (bwhmarathonteam.org)

 Brigham and Women's Hospital
Founding Member, Mass General Brigham

STEPPING STRONG
MARATHON TEAM

LOGIN

HOMEWHY WE RUNWHAT WE SUPPORTTEAM PERKSSPONSORSFAQCONTACT US



Run the 126th Boston Marathon with the Stepping Strong Team!

[APPLY NOW](#)

APPLY NOW

SUPPORT A RUNNER

SEARCH PARTICIPANTS

First name

Last name

Q

Brigham Stepping Strong Marathon Team

Raised
\$632,662

Goal
\$1,200,000

53%



Offline Donations

[2022-Donations-Overview-and-Toolkit.pdf \(bwhevents.org\)](https://bwhevents.org/2022-Donations-Overview-and-Toolkit.pdf)

Cover Sheet for Offline Donations

Runner Name: _____

I am enclosing (# of checks) _____. I am enclosing (total amount of donations) \$ _____.

Matching Gifts: Be sure to ask if your donors company has a matching gift program and the gift can be doubled!

☐ Matching gift form enclosed ☐ Online matching gift application submitted

Please complete the address section for each offline gift or check should the donor information not be provided. Please mail checks to: Brigham and Women's Hospital, Development Office, 2022 Boston Marathon, 116 Huntington Avenue, Third Floor, Boston, MA 02116.

Name: _____

Address: _____

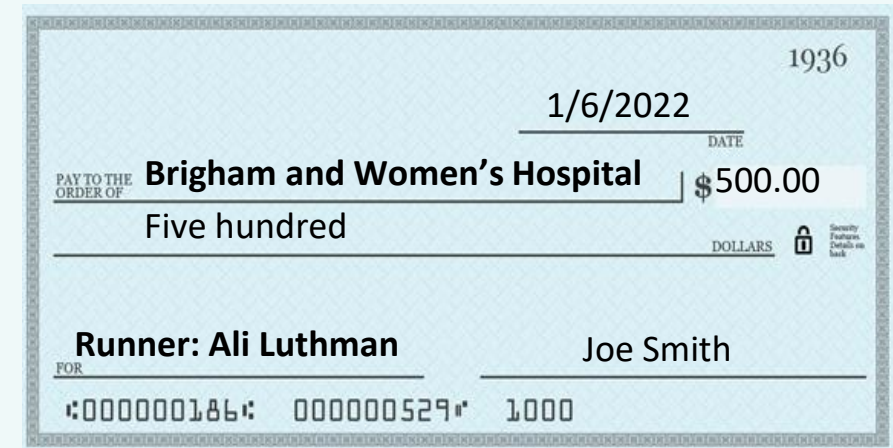
City: _____ State: _____ ZIP: _____

Phone: _____

Email: _____

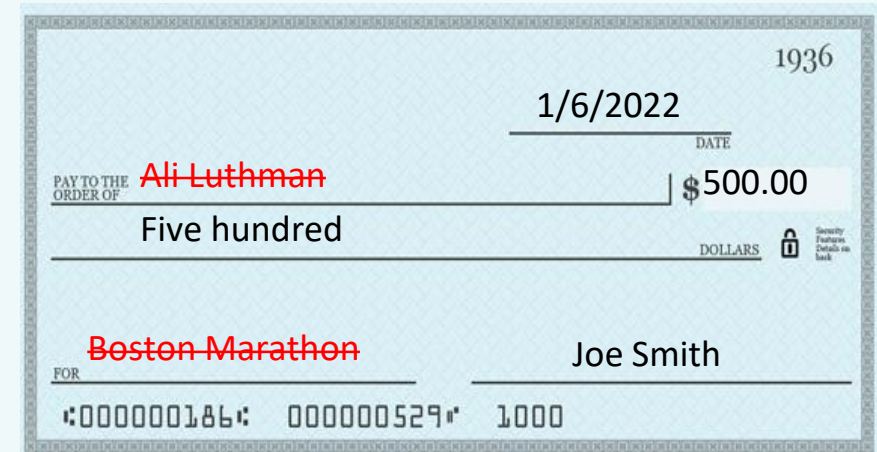
Donation Amount: _____

Correct 😊



A check from 1936 dated 1/6/2022, payable to the order of Brigham and Women's Hospital for \$500.00 (Five hundred DOLLARS). The runner is Ali Luthman, and the check is for Joe Smith. The MICR line at the bottom reads: ⑆000000186⑆ 000000529⑆ 1000.

Wrong 😞



A check from 1936 dated 1/6/2022, payable to the order of Ali Luthman for \$500.00 (Five hundred DOLLARS). The runner is Boston Marathon, and the check is for Joe Smith. The MICR line at the bottom reads: ⑆000000186⑆ 000000529⑆ 1000.



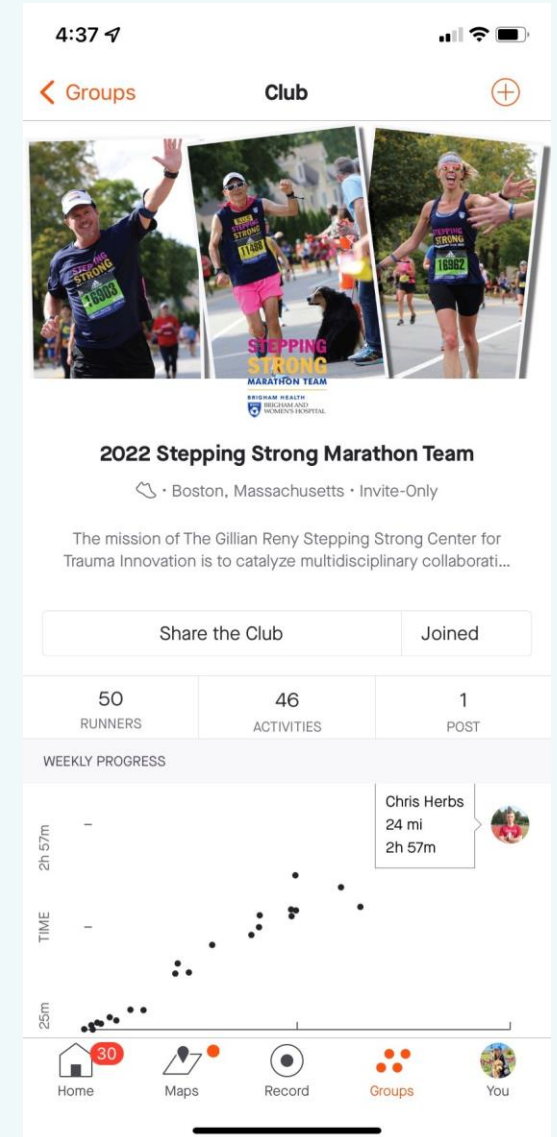
Small Team Gatherings

- Join the Reny family and get to know your teammates!
- RSVP for one date on the runner portal
 1. Tuesday, February 15 from 6-7pm EST (Zoom)
 2. Sunday, March 6 from 10:30am-12pm EST (Boston)
 3. Tuesday, March 8 from 6-7:30pm EST (Boston)



Strava App

- Download Strava: Run, Ride, Swim
- Sign up or log in
- On the bottom, click on “Groups” & then click on “Clubs” in the upper right
- Type in “2022 Stepping Strong Marathon Team”
- Request to join club
- Post, share photos, and more!



Fundraising Check-In Calls

Fundraising check-in calls are available throughout the season to help runners reach their commitment.

- When: Bi-weekly now through April 8
- Sign up here:
<https://www.signupgenius.com/go/4090b4aa8ae2aa3f58-fundraising7>



Fundraising Milestones



Raise \$4,000+ by February 28

Pick 1: Cooler Tote, Duffle Bag
or Backpack



Raise \$8,000+ by March 31

Pick 1: Unisex Sweatpants or Women's
Leggings



**Raise \$1,000 OVER your
commitment by April 30**

Pick 1: Sherpa blanket or any previous incentive



**Raise \$3,000 OVER your
commitment by April 30**

Pick 1: Custom Sweatshirt or Finishers Shadow Box



Marathon Madness!

Date	Fundraising Challenge	Prize	Winners
January 1 – 31	Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Vanessa W. & Michael S.
February 1 – 28	Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Two (2) winners
March 1 – 31	Marathon Madness: Raise the most money OR receive the most donations on TeamRaiser	Custom Stepping Strong Swag	Two (2) winners
April 1	Marathon Madness Championship: Top fundraiser and runner who receives the most donations during the three-month challenge	Official Boston Marathon jacket	Two (2) winners



Send us your photos!

- Photo ideas
 - Stretching/preparing to run
 - Training/running outside and inside
 - In your Stepping Strong gear
 - Selfies and “point-of-view” shots are encouraged!
- Email to marathonteam@bwh.harvard.edu or text to 774-262-0314
- Deadline: Sunday, April 3



Stepping Strong T-shirts

Exclusive opportunity to purchase Stepping Strong t-shirts to use as thank you gifts for top donors or sell for \$26.20!

- When: Now through February 28 at midnight
- Where: steppingstrong.mysuperiorstore.com/
- Cost: \$18 per shirt (nonrefundable; cannot be exchanged)
- Shirts will be mailed before race day
- Questions? Email Allison Murray at ac@superiorpromo.net



Celtics Ticket Winners!



Questions?

Put them in the chat box or email
marathonteam@bwh.harvard.edu!