



**100**  
**HOLES OF HOPE**  
INFORMATION GUIDE

*There will be glory in your sacrifice*

**2024 GOLF MARATHON • MONDAY • JULY 29 • STONEBRIDGE**

Hosted by:



Presented by:



Media Sponsor:



# Congratulations to our 2023 Golf Warriors.

# **We Raised \$72,000!**

Bringing our 7 year total to \$390,000.



**We are proud to support these charity organizations who are committed to improving the physical and mental health of our community.**



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Charitable Registration No. 80871 5445 RR0001

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## How We Started

The Finding Hope Foundation, the charitable organization that hosts the **100 Holes of Hope Golf Marathon**, is an Ottawa based foundation. It was created in 2012 from the desire to help those in the Ottawa area living with the life-threatening and debilitating effects of cystic fibrosis (CF) and mental health issues.

It was inspired by the noble and heroic efforts of **Emilie Joinette**, who battled with CF throughout her too-short life, and died in 2009 at the age of 23. A survivor of two double-lung transplants, her relentless fight and never-give-up attitude inspired everyone who was graced by knowing her. She was an advocate for the needs of those living with CF, thus it is in her name that the **Emilie Joinette Inspiration Fund** was created to supplement and develop new patient-focused healthcare and support programs at **The Ottawa Hospital Adult CF Clinic**.



As our event grew in popularity, we cast our eye to supporting other local and national causes, and became intimately acquainted with the needs of those afflicted with mental health challenges. For this reason, in 2014, our Foundation expanded its causes to include the **Royal Ottawa Foundation for Mental Health** and most recently **Cystic Fibrosis Canada**.

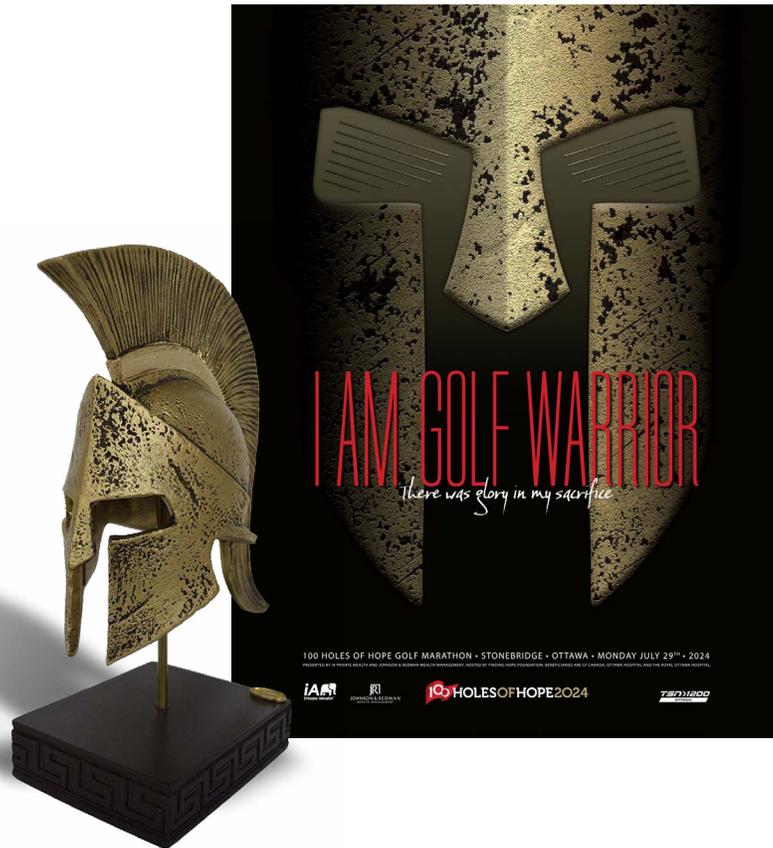
Most importantly, the Finding Hope Foundation is about hope. It's about providing an opportunity for like-minded, giving people to come together to help those in need in our community.

Margaret Mead once said:

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

And while we might not be changing the entire world, we have been able to help improve the worlds of many in our community thanks to the generous support of our Warriors, sponsors, pledgers and volunteers.

# Benefits of Becoming a Golf Warrior



Our Top Fundraiser Warrior trophy and a mounted, limited edition 18"x24" Golf Warrior poster awarded to the top four fundraisers.

**As a Golf Warrior, you are not required to pay any fees at the event. By raising your minimum pledge amount of \$1,500 or combined team amount of \$3,000 as a 2-person team or \$1,000 or combined team amount of \$4,000 as a 4-person team, you will enjoy the following:**

- ✓ A full day of golf at Stonebridge Golf Club, one of Ottawa's premier golf courses.
- ✓ Hot buffet breakfast, lunch and dinner for you and a guest (*wine included with dinner*).
- ✓ Snacks and non-alcoholic beverages are provided on the course throughout the day. (*alcoholic beverages will be available for purchase*)
- ✓ Live entertainment will be featured on the patio between 6:45 p.m. and 8:00 p.m.
- ✓ Professional massages are available for all Golf Warriors between 6:45 pm and 8:00 p.m.
- ✓ Awards and prizes, including our coveted Top Fundraiser Warrior Award.
- ✓ Chance to win a 2024 automobile in our Hole-in-One contest (TBD).
- ✓ Prizes for winning scores – low score for individual and team (best 4 rounds), most birdies, closest to the hole (2), longest drive (2), most honest golfer and fewest balls lost. Players can win only one prize.
- ✓ Golf Warrior apparel (TBD).
- ✓ **And most important**, knowing that you have made a difference in our community by giving hope to those who live with cystic fibrosis and mental health issues.

# Join Us and Help Make a Difference in Our Community

## Register a 2-person team

There will be 18 teams of 2 golfers, each starting on one of the 18 holes in a shotgun format with each *Warrior* in their own power cart. At 7:00 a.m. *Warriors* begin their quest to play 100 holes in approximately 11.5 hours ... or as many as they can. Each *Warrior* is responsible for raising money through pledges and is required to raise a minimum **\$1,500** or a combined team amount of **\$3,000**.

## NEW Register a 4-person team (2 x 2-person teams - 50 holes per team)

If playing 100 holes seems daunting but you are interested in playing, you may register a 4-person team and play 50 holes each. Divide the 4 players into two 2-person teams. One team plays the first 50 holes and the second team plays the last 50. The second team would tee off at approximately 12:35 p.m. (*starting hole to be determined*). In the 4-person format, each *Warrior* is responsible for raising money through pledges and is required to raise a minimum **\$1,000** or a combined team amount of **\$4,000**.

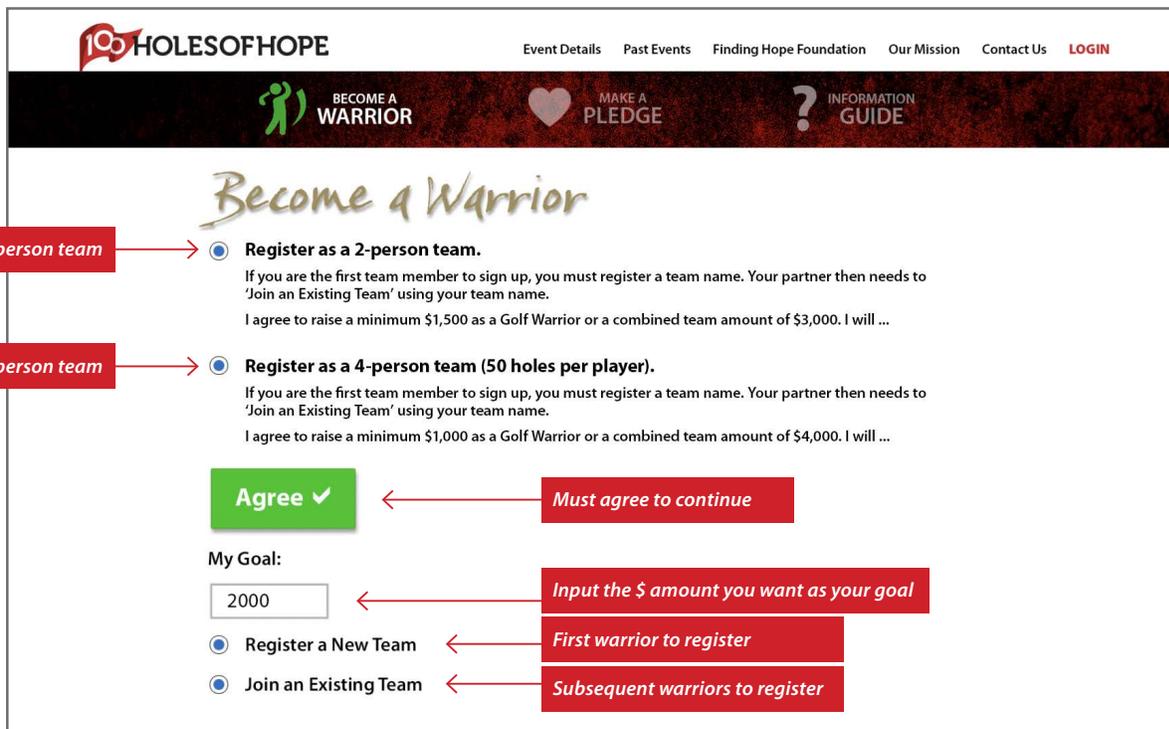
## To Register

Go to **100holesofhope.com** and select “ **BECOME A WARRIOR**”, make the commitment, give us your details and click ‘**SUBMIT**’. It’s that easy.

**First team warrior to register:** agree to terms > input your goal \$ amount > **Register a New Team**

**Subsequent warriors to register:** agree to terms > input your goal \$ amount > **Join an Existing Team**

Once you have completed the registration form and clicked **SUBMIT**, you will receive an email instructing you to activate your account. This must be done in order for your name to appear on the Golf Warrior list for pledges.



The screenshot shows the registration page for 100 Holes of Hope. At the top, there is a navigation bar with links for Event Details, Past Events, Finding Hope Foundation, Our Mission, Contact Us, and LOGIN. Below this is a dark banner with three main options: BECOME A WARRIOR (with a warrior icon), MAKE A PLEDGE (with a heart icon), and INFORMATION GUIDE (with a question mark icon). The main heading is "Become a Warrior".

Two red callout boxes on the left point to the registration options:

- 2-person team** points to the "Register as a 2-person team." option.
- 4-person team** points to the "Register as a 4-person team (50 holes per player)." option.

Each option includes a description and a consent statement: "I agree to raise a minimum \$1,500 as a Golf Warrior or a combined team amount of \$3,000. I will ...".

Below the options is a green "Agree ✓" button. A red callout box "Must agree to continue" points to this button.

Underneath is a "My Goal:" section with a text input field containing "2000". A red callout box "Input the \$ amount you want as your goal" points to this field.

At the bottom, there are two radio button options:

- Register a New Team. A red callout box "First warrior to register" points to this option.
- Join an Existing Team. A red callout box "Subsequent warriors to register" points to this option.

# How to Support Our Warriors

## Making a Pledge Online

Go to **100holesofhope.com**, click “❤️ **MAKE A PLEDGE**” and follow these 3 simple steps:

### 1 DONATION

Select your *Golf Warrior* from the drop down menu. Indicate the amount you wish to pledge. Click the ‘I agree’ box if you wish to have your name published on their pledge page and click **Next**.

### 2 DETAILS

Complete your personal information form and click **Next**.

### 3 PAYMENT

Select either credit card or PayPal for financial transaction, fill in the form and click **Submit**.

Pledges of \$20 or more will receive a charity tax receipt. Online pledge receipts will be sent same day via email. Cash and cheque receipts will be mailed out in the fall. We offer PayPal and STRIPE for credit card transactions on our secure site.

The screenshot shows the 100 Holes of Hope website's pledge page. At the top, there is a navigation bar with links for Event Details, Past Events, Finding Hope Foundation, Our Mission, Contact Us, and LOGIN. Below this is a dark banner with three main options: BECOME A WARRIOR, MAKE A PLEDGE (highlighted with a red heart), and INFORMATION GUIDE. The main content area features a three-step progress indicator: 1 DONATION (active), 2 DETAILS, and 3 PAYMENT. The DONATION step includes a dropdown menu for selecting a Golf Warrior, a section for choosing a pledge amount with buttons for \$500, \$250, \$100 (selected), \$50, and \$25, and an 'Other Amount' input field. There is also a checkbox for 'I agree to have my name published for the purpose of recognizing my donation' and a red 'Next >' button.

## Pledges With Cash or Cheque

Cash and cheques are to be given to your Golf Warrior.

Golf Warriors must submit all cash and cheques, along with a completed **Pledge Sheet** (page 12) when signing in at Stonebridge the morning of the event.

**Cheques are to be made out to Finding Hope Foundation.**

# Details of the Day

## Agenda

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<b>5:45 a.m. – 6:00 a.m.</b>	Arrive at Stonebridge for sign-in ( <i>with pledge sheet, cash, cheques and signed forms</i> )
<b>6:00 a.m. – 6:45 a.m.</b>	Hot breakfast buffet
<b>6:30 a.m. – 6:50 a.m.</b>	Format and games review and group photo on the patio
<b>6:50 a.m.</b>	Take your chariot to your designated hole
<b>7:00 a.m.</b>	Begin the marathon
<b>10:00 a.m. – 6:00 p.m.</b>	Halfway shack open for lunch, sandwiches, snacks and drinks
<b>6:45 p.m. or earlier</b>	Marathon is over – head back to the club house for a shower, well-deserved drink and massage
<b>7:00 p.m. – 8:00 p.m.</b>	Refreshments, live entertainment on the patio and professional massages
<b>8:15 p.m.</b>	Dinner for you and a guest*
<b>8:30 p.m. – 9:30 p.m.</b>	Acknowledgments, awards & prizes, video presentation, guest speaker and the cheque presentation to CF Canada, the Ottawa Hospital Foundation and the Royal Ottawa Foundation

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\* Additional adult guests are welcome for the entertainment and dinner (*3 course meal including wine*) at \$100 per person. Please contact Phil Jones at: [pjones@findinghopefoundation.ca](mailto:pjones@findinghopefoundation.ca)

## Sign-In at 5:45 a.m.

Please arrive between 5:45 a.m. and 6:00 a.m. and have your Pledge Sheet (*cash and cheques if you have any*) and waiver forms completed. When you arrive, drop your golf bag at the front of the Clubhouse and our volunteers will put your name tag on your bag and set you up in your cart. Park your car and proceed to the dining room for sign-in and breakfast.

**Waiver forms can be found on pages 10 & 11. Pledge sheet can be found on page 12.**

## Game-Day Format

Our game consists of 5 rounds of golf with 20 holes per round. **Two balls will be played on holes 7 & 9 each round.** Play begins at 7:00 a.m. with each team teeing off on their assigned starting hole. Once you've played hole #18, proceed to #1 and continue play until you've completed 5 rounds of golf or until 6:45 p.m., which ever comes first. It's not mandatory to play all 100 holes.

We play 'HURRY-UP GOLF', **NOT** 'SPEED GOLF', so there is no need to run. Please follow our guidelines on how to play 100 holes (*next page*) and use our time chart (on your cart) for start times for each round. Three-foot gimme putts (*length of a regular putter*) are allowed, but your playing partner must determine your gimme. When you have been given a gimme, it means your next shot is given, but it does count as one stroke.

## Pace-of-Play

**IMPORTANT (new this year):**

**DO NOT LOOK FOR LOST BALLS UNLESS THEY ARE IMMEDIATELY FINDABLE.**

If you hit your ball in the water, trees, fescue or out of bounds, **DO NOT** look for your ball unless you can find it within 10 to 15 seconds. Spending time looking for lost balls disrupts the pace for everyone. Play your next shot from point of entry with one penalty stroke.

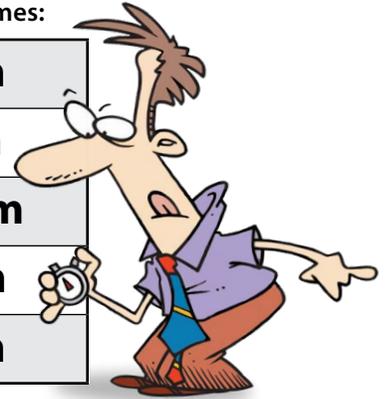
The average time per hole should be less than 7 minutes, so we have to keep the flow going. There will be a *Time*

*Chart* posted in each cart which indicates the approximate start time for each of your 5 rounds.

It's not mandatory that everyone play 100 holes, but most see this as a challenge and we need to ensure that our warriors have the opportunity to finish in the allowed time. Marshals will be on the course to ensure everyone is respecting the Pace-of-Play rules.

Approximate start times:

1	7:00 am
2	9:10 am
3	11:25 am
4	1:45 pm
5	4:10 pm



## Letting Faster Players Play Through

If the group behind you is waiting, allow them to tee-off with you at the first available tee block.

The four of you should tee off together, then let the faster group continue on from their second shot or you can allow them to tee-off in front of you. **Make sure they are clear before you continue.**

## How to Play 100 Holes of Golf in One Day

**In order to play 100 holes of golf within 11.5 hours, you'll need to play quickly. This is not 'Speed Golf', so there is no need to run. Play at a quick, steady pace, without your regular preshot routine.**

**You'll also have to abandon some traditional golf etiquette rules, such as:**

- ✓ Bring lots of balls – **DO NOT LOOK FOR LOST BALLS** unless they are immediately findable.
- ✓ Play out of turn – first one ready, swing away.
- ✓ Address your ball quickly and take **only one** practice swing.
- ✓ Take a nice, easy swing. We're playing from the whites so you don't have to hit the ball far.
- ✓ Tee off with your teammate, but after that, drive to your ball immediately and hit when ready, as long as you're not in each others way. **Always be aware of where your teammate is.**
- ✓ Triple bogie's are the most you can score. If you're shooting for anything more, pick up and move on.
- ✓ Lost ball or out-of-bounds is played as a lateral with a one stroke penalty. No mulligans.
- ✓ Three foot gimme putts are allowed (*length of a regular putter*) and given by your playing partner.
- ✓ You **MUST** let faster players play through.
- ✓ And please, always follow the rules of the course:
  - respect the power cart paths and signs
  - replace all divots
  - repair all pitch marks on the greens
  - drive your power cart safely and responsibly



# Scorecard (20 holes per round)

There are 5 rounds with 20 holes per round. **Two balls are to be played on holes 7 & 9 each round.** Our custom cards allow you to keep all your scores on one card. We have a Shotgun format and each team starts on their assigned starting hole at 7:00 a.m. In this example, the starting hole is #14 which means your round ends on #13. Add your scores and indicate how many birdies you had and how many balls you lost. One point for birdies and two for eagles. Hand your cards in after your game.

\* To qualify for fewest birdies and lost balls you must have played all 100 holes. Low scores and most honest golfer are based on your best 4 rounds. One prize per winning player.

## Tips for the Day

It's a long day and it could be hot, so stay hydrated and **DO NOT CONTINUE** if you're not feeling well. There will be a Warrior Hotline number in the cart if you need assistance, so it would be a good idea to bring your cell phone. Two marshals will be on the course to manage pace-of-play and snacks and beverages will be available at the half-way house between the front and back 9's.

In order to finish 100 holes in the allowed time, you need to play quickly (*refer to page 8*) and **you must let faster players play through.**

It would be a good idea to bring a few extra things, such as Advil, lots of balls and tees, rain gear just in case, a towel, a change of clothing, etc. There are a few showers at Stonebridge so maybe some grooming items for after the round.

**Drive safely, swing easy and always be aware of where the other golfers are.**

### IMPORTANT Release Forms

Please print, sign and hand in both release forms at sign-in:  
**Photography Release** form on page 10.  
**Waiver and Release of Liability** form on page 11.

Pledge Form is on page 12.

### Contacts

**Phil Jones** (613-325-6686)  
**pjones@findinghopefoundation.ca**  
**Rob Redman** (613-884-2744)  
**robert.redman@iaprivatewealth.ca**

# Photography Release

**Date:** July 29<sup>th</sup>, 2024

**Location:** Stonebridge Golf Club, Ottawa, Ontario

I consent to the use of both video and still photography of myself by Finding Hope Foundation for use in print, broadcast and online promotions of the 100 Holes of Hope Golf Marathon and all other Finding Hope Foundation charitable events.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2024.

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Name of Participant (print your name)

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Signature of Participant

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Name of Witness (print your name)

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Signature of Witness

# Waiver and Release of Liability

I, \_\_\_\_\_ (print your name), as a participant in the 100 Holes of Hope Golf Marathon, agree to abide by the rules and regulations of the event, Stonebridge Golf Club, and all applicable municipal, provincial and federal laws and regulations.

I understand that participating in such an event is a potentially hazardous activity and can result in serious injury or death. I am aware of, and expressly assume all risks associated with participating in this event, including and without limitation the effects of weather.

In consideration for being permitted to participate in this event, I, for myself and for anyone entitled to act on my behalf, hereby waive and release from any and all claims for injuries and damages I may have arising out of the event or my participation therein (including and without limitation any pre- and post-event activities), against the Finding Hope Foundation, 100 Holes of Hope, Stonebridge Golf Club, as well as any beneficiaries, sponsors, officials, volunteers, participants, employees, directors, agents, and representatives.

**I intend, by this Waiver and Release, to release, in advance, and to waive my rights and to discharge all persons and entities mentioned above, from all claims for damages for death, personal injury or property damage that I may have, or which may hereafter accrue to me, as a result of my participation in this event, even though that liability may arise from negligence, carelessness, or recklessness (whether simple or gross) on the part of the persons or entities being released, from dangerous or defective property or equipment owned, maintained or controlled by them or because of their possible liability without fault. I understand that this Waiver and Release is binding on my heirs, assigns, and legal representatives.**

I attest that I am physically capable of participating in and completing this event. I acknowledge that, I and I alone, am solely responsible for my personal health and safety, and the personal property I bring with me.

I agree that my participation in the event is subject to the sole discretion of the organizers of the event, and that my participation may be limited or terminated, with or without cause.

THIS WAIVER AND RELEASE SHALL BE INTERPRETED AND THE RIGHTS OF THE PARTIES DETERMINED UNDER THE LAWS OF THE PROVINCE OF ONTARIO. THE ONTARIO COURTS SHALL HAVE EXCLUSIVE JURISDICTION FOR ANY DISPUTE ARISING UNDER, OR PERTAINING TO, THIS WAIVER AND RELEASE.

I have carefully read this Waiver and Release and fully understand its contents. I am aware that this is a release of liability for the persons and entities mentioned above and I sign it of my own free will. I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing this Waiver and Release freely and voluntarily, and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

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Signature of Participant

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Date

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Name of Witness (print your name)

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Signature of Witness

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Date

