



Tips for Teams & Participants

WAYS TO PARTICIPATE!

WHAT IS A TEAM CAPTAIN?

The Team Captain is the lead organizer and motivator for a Gift of Life and Breath Team. Team Captains are responsible for recruiting people to join their team, naming their team, setting a team fundraising goal, and continuously communicating with and encouraging team members. Team Captains are The Gift of Life and Breath and AMC's Primary contact and liaison to the team. Each team must have a Team Captain.

WHAT IS A TEAM PARTICIPANT?

Team participants are individuals who participate in The Gift of Life and Breath as a member of a team. Team members will communicate regularly with their Team Captain and encourage friends and family to support the cause and their team. Along with hundreds of other participants, they will attend race day and collect donations in the months leading up to the run.

WHAT IS AN INDIVIDUAL PARTICIPANT?

Anyone can participate in the Gift of Life and Breath as an individual. This means that you do not belong to a specific team. Individual walkers can still collect donations and attend race day.

TIPS FOR TEAM CAPTAINS

Making the whole experience FUN is crucial to the success of your team!!

INVOLVE YOUR ENTIRE COMPANY:

Ask everyone you know to be on the team. Then make it a friendly competition to see who can raise the most money. Get creative!

CHALLENGE EACH TEAM MEMBER TO RAISE \$200:

If you have 10 people on your team and each raises \$200, you're already at \$2,000!!!

TEAM T-SHIRTS OR TEAM LOOK

The best teams have a team t-shirt or look. It may be a hat or a flag that everyone carries. Team shirts are created by the team and given to your team members before coming to the 5K; they identify your team. Some team captains have been able to get a sponsor to cover the cost. Other teams have asked each team member to pay for the team shirt. Shirts usually run about \$5 a piece and are a great keepsake for the group.

MASTER LIST

Keep a master list of everyone who registers. Having a donor web page will take care of this for you!

HOST COMPANY WIDE FUNDRAISERS:

Have a blue jeans day and charge employees \$5 to dress down, host a Wii bowling tournament on a Friday afternoon, or a potluck lunch. This is a great way to encourage camaraderie in the workplace and have a good time!

SET GOALS:

Goals will help you know where you are in your fundraising mission. To come to your goal, think of how much money you want your team to raise, how many members you would like on your team and how much money you, as a team captain will raise.

PRE-5K:

Have a pre-5K party to encourage prospective team members to learn more about the event and join your team. You can hand out team t-shirts, make sure all registration forms are complete, and collect donations from your team members.

POST-5K

Have a post-event party to thank team members. Send thank you notes to all participants.