



Walk for Life and 5K Run TEAMS Instructions for Team Captains

Raising funds as a team can be fun! Our Walk for Life and 5K Run website is the only place where you can register online and create or join a team.

Link: <https://runsignup.com/Race/FL/LakeWorth/ShakeRattleRun5k>

Have fun creating team spirit by making your own t-shirts to wear at the walk or by creating your own internal competition and rewarding your team's top fundraiser.

Remember, prizes at First Care's Walk for Life and 5K Run are earned only on individual fundraising, not pooled together from the team.

Therefore, only individual fundraisers are eligible for prizes and prizes are not given to teams.

Team Captains, come early on April 6th to check-in and make your team sign to carry with your team on the walk. Have Fun!!!

1) Individual Fundraisers...

- a) Register online (link above)
- b) Create your team online, by choosing the "Create or Join a Team Fundraiser"
- c) If you've already registered and didn't join a team at that time, choose "Edit My Registration" and click on "TEAM" from the drop down menu (click on the three bars).
- d) Encourage others to join your team!

(See next page for more info...)

2) Team Captains...

- a) Recruit individuals to join your team.
- b) Create team spirit by making your own team shirts, hats, posting on social media, etc. Let the creativity flow!
- c) Encourage your team to achieve/increase their individual fundraising goals.

3) April 6th Walk for Life and 5K Run Event Day!!! Team Captains...

- a) Check-in at the Team Captains Check-in Area.
- b) Make a fun sign with/for your team so they can find you.
- c) Have fun and enjoy the day!!!

For questions about Walk for Life & 5K Run teams, please contact Michele Ly at the First Care Women's Clinic Administrative Office, 561-688-2163 or mly@firstcareforlife.com.