TEAM INFORMATION

Participate as a Team!

The Rescue Me 5k/Walk for Life is even more exciting when you participate with a group of friends!

Share the Rescue Me/Walk for Life vision and recruit others to get sponsors and walk with you. A team consists of two or more fundraising walkers or runners—for a total of 10 people per team. Team members could include your family, your friends, your small group - or any combination of two or more fundraisers! [Each team member needs to register and fundraise individually, and have their own pledge form (paper or online) on Walk day.]

Be sure to designate one person as the Team Captain. Individual team members are eligible to earn prizes based on their own total and the top fundraising team will earn a special prize (check prize descriptions when you register online)!

Team Captains:

- 1. Identify a unique **Team Name**.
- 2. **Register yourself**: Be sure to enter your team name, and yourself as the Team Captain when you register!
- 3. **Visit the Fundraising Tips section of the website** for helpful fundraising tips to share with your team!
- 4. **Encourage each of your teammates to** register online --make sure they enter your team name when they register!
- 5. **Set a team goal** and encourage your team to meet it! Check in with your team members weekly to see how their fundraising is going!
- 6. **Join us at the Rescue Me 5k/Walk for Life!** Be sure each team member has registered online as a part of your team and/or written your team name on their pledge sheets!



