

TEAM CAPTAIN GUIDE

THANK YOU.

Thank you for stepping up to the challenge by signing up as a team captain! The success of Walking With Purpose relies on teams of friends, family, co-workers and neighbors, led by awesome people like you. As a team captain, you will help lead the way toward achieving our goals of 12,000 miles and \$40,000 over the month of October. We cannot wait to work with you, every step of the way!

HOW TO GET THE MOST FROM WALKING WITH PURPOSE

- Set challenging but manageable goals; crush 'em; savor the feeling of accomplishment
- Enjoy the health benefits of walking; walk in nature to boost them even more
- Step outside your comfort zone and give fundraising a try, then bask in the warm glow of gratitude to those who support your effort
- Enjoy the benefits of social interaction by getting your team together for walks and fundraising activities
- Focus on the fun stuff; there are many ways to engage throughout the month - select the activities that will energize you
- Be inspired by our mission moments and mission miles
- Celebrate sweet success with other teams at our celebration on November 8

WHAT'S NEXT



Join us for a coffee conversation

We have some exciting new things planned this year, and we would love to provide you with all the details over coffee/tea. Our conversation can also be used for tech support, to answer questions, to brainstorm ideas, or anything else that would be helpful to you.



Recruit your team

Use the text code or web link you received to recruit team members. The code and link are unique to your team, so sending it to potential members makes it simple to join.



Review resources

Resources include mission information, a calendar, and a fundraising guide with tips, ideas, sample messaging, and more. All resources can be found on our website.



Save the date

Team captain kickoff is scheduled for Monday, October 2nd at 4:30 p.m. at Woodward Elementary. Team captain kick-off will be combined this year with our celebratory first steps (so bring your whole team!). Watch for a calendar invitation and more details soon.

Tech and team questions: Molly Kinnison | mkinnison@ciskalamazoo.org

Planning and fundraising: Kim Nemire | knemire@ciskalamazoo.org

Activities and events: Felicia Lemons | flemons@ciskalamazoo.org