



TEAM CAPTAIN CHECKLIST

TEAM PARKINSON RUN/WALK/CHEER/GIVE

- REGISTER AND LEAD THE WAY** Form a team and become team captain
- MAKE THE FIRST DONATION** Being the first donor shows your commitment
- LOGIN TO PARTICIPANT CENTER**
- Personalize team page with your photo and story
- Set team goal
- RECRUIT TEAM MEMBERS**
- Invite others to join your team – there are many race types to choose from
- FUNDRAISE AND ASK FOR DONATIONS**
- Start by telling family and friends about your race and you need their support. Invite them to run/walk with your team. Ask them to sponsor your team—their donation will help support Parkinson's research.
- Send individual emails using our templates in your Participant Center
- Follow up with a personal phone call, text, message, or in person
- Use social media to expand your base of support. Sharing the link to your team page is a quick and easy way to reach out to others.
- MOTIVATE AND ENCOURAGE TEAM MEMBERS**
- Stay in contact with team members about your team's progress
- Create team shirts and signs! Provide updates about race logistics, travel plans, meeting places pre- and post-race, cheering corner, Carbo Dinner, etc.
- FOLLOW-UP**
- Track your progress by logging in to your Participant Center
- Stay in touch with family and friends about your team's fundraising efforts
- Post updates about your race—as you countdown, on Race Day, and after the Race - share a picture of your team at the Finish Line!
- Send reminders to those who have not yet donated or joined your team
- Thank team members and donors
- STAY CONNECTED** Like us on Facebook! Follow @teamp4acure on Twitter and Instagram!

Team Parkinson has been an event of The Parkinson Alliance since 2000. We proudly guarantee that 100% of net proceeds go directly to Parkinson's research.