

Thank you for forming a team for the Run/Walk for Autism! As the team captain, you are the link between your team and ASNC. Here are some tips to help you on your way to a successful team!

First, make sure your own page is inviting:

1. **Log in** on the race website to personalize your fundraising page, which is what your donors will see.
2. **Share information** about yourself and why you participate in the Run/Walk for Autism.

Build a BIG Team

Your first step is to spread the word by contacting people who might join your team. Recruiting a new team member is easier than you think, and there is no limit to how large or small your team can be. We appreciate all teams!

Recruit teammates now!

- **Ask family members, friends, and co-workers directly or via email.** Think about your spiritual community, sports teams, civic groups, school friends, and neighbors.
- **Use social media.** ASNC creates Facebook event pages for each Run/Walk, so you can say you are “going” and use the “invite” feature to ask friends to join you.
- **Talk about your team** to anyone who will listen. Let people know why this is important to you!

Get them registered!

- **Team members must register and pay individually.** The easiest way is to join your team online. When you recruit someone, be sure to tell them the name of your team.
- **Individuals:** Select the “Join a Team” option on the home page and choose the team name from the drop-down box.
- If a person is **already registered** and would like to join your team, **send an email** to runwalk@autismsociety-nc.org listing their name, the team name, and which Run/Walk they are doing.

Now you’re ready to go! There are two main ways you can help us raise awareness and money through the Run/Walk for Autism:

1. Recruit members to join your team.
2. Fundraise to collect donations for your team.



- Ask for an **announcement about the Run/Walk** to be included in your company newsletter, faith-based bulletin, or school newsletter.
- Friends and family who do not want to run or walk that day can still **join your team as a virtual member** and raise money for our cause.



- Participants are **not required to compete in the same category**, e.g. competitive 5K or 1-mile walk, as their teammates.