

6000 SISTERS, 6000 STEPS FOR HOPE

BREAST CANCER WALK & HEALTH EXPO



May 1, 2026

Dear Team Captain,

Congratulations! You have taken an important step towards the fight against breast cancer. Your commitment as a team captain is one of the most vital positions to the success of our walk and health expo, so we thank you for your partnership and your dedication.

In your role as team captain, you will serve as the liaison to the team coordinator and your team members. It is our desire to give you all the tools and resources necessary to be a successful leader offering your team members an unforgettable experience. You will find the information you need to get started in this packet.

Important Dates, Names and Phone Numbers:

6000 Sisters, 6000 Steps for Hope

Walk and Health Expo

Date: September 26, 2026

Place: Friendship West Baptist Church, Dallas, Texas

Time: 8:00 AM – 12:00 PM

Event Chair: **Zolean Bruner**

Phone#: 214-542-4977

Team Coordinator: **Sheila Wooten**

Phone#: 214-616-6522

Email: sheiladanielswooten@gmail.com

Online Registration: <https://runsignup.com/Race/TX/Dallas/6000Sisters6000Steps>

T-shirts ONLY provided to participants registered by September 1, 2026

THANK YOU FOR BECOMING A TEAM CAPTAIN!

Sisters Network **DALLAS** Inc. – An Affiliate Chapter of Sisters Network® Inc.

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Sisters Network Dallas Inc. Mission

The mission of Sisters Network Inc., the only national African American breast cancer survivorship organization in the United States, is to bring attention to the devastating impact that breast cancer has in the African American community.

Who is Sisters Network Dallas Inc.?

Each year more than 6000 African American Women lose their fight with Breast Cancer. African American women are generally diagnosed with breast cancer at younger ages, have more aggressive cancers, and die more frequently than their Caucasian sisters.

This year, Sisters Network Dallas Inc., the local chapter of Sisters Network Inc., is challenging the DFW community to come together to change these statistics. The 6000 Sister, 6000 Steps for Hope Walk and Health Expo represents the hope that those who have lost their lives to breast cancer in our community will not be forgotten, that those who are currently fighting their battle with breast cancer will be supported and that through education and action, we will reduce the devastating effect of breast cancer.

This is a 4-hour community gathering and everyone can participate. People will walk 3 miles (approximately 6000 steps) in honor of the nearly 6,000 African American women who are lost to breast cancer each year. Teams form from businesses, clubs, families, friends, hospitals, churches, schools and service organizations. These individuals all share a common purpose - their desire to fight breast cancer and their support of the Sisters Network Inc. mission.

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What is 6000 Sisters, 6000 Steps for Hope...to You?

- A celebration of life for your family and friends who are breast cancer survivors
- An opportunity to remember the precious moments of loved ones you have lost to breast cancer
- A chance to enjoy a fun healthy with family, church members, friends, and co-workers
- An opportunity to visit with many of the healthcare and healthy living exhibitors that will be present

What You Can Expect at the Walk?

THE SURVIVORS LAP

- Breast cancer survivors that are at the walk will complete the first lap. It is an AWESOME part of the Walk to show that we can win this battle.
- Please invite any survivors you know to participate in the Survivors Lap.

IN HONOR AND IN MEMORY

- Signs placed around the track in memory of those who lost the fight to breast cancer, and in honor of survivors.
- For a donation, you and your team members can purchase a special keepsake tribute for a friend or loved one who has experienced breast cancer.

ON-SITE ACTIVITIES/ENTERTAINMENT

- Activities and entertainment are being planned just for you.
- There will be music and an ongoing Health Fair.

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Your Role As Team Captain

Lets get started!

RECRUIT A TEAM

- Get ten of your friends, family, church members, and/or co-workers to join your team and walk with you.
- Ask each team member to raise a minimum of \$100 each

REGISTER

- Register yourself first and create your team, register online or use the enclosed offline form. Once your team is created, inform your team members they can now join your team.
- EACH TEAM MEMBER MUST REGISTER INDIVIDUALLY. **T-shirts ONLY provided to participants registered by September 1, 2026 – No exceptions!**
- **Online registrations and online donations are preferred** and strongly encouraged to reduce paper, time and errors.

SET A TEAM GOAL - Each team member is asked to raise a minimum of \$100; however with a little direction, your team can maximize those dollars. A simple exercise can help your team members set a personal goal. Ask each member to write down as many names of people they think they can ask for \$10. Give them one minute to do this. Once their minute is up, ask the person with the most names to share their list with the group. Generally everyone will have a minimum of ten people - often they will have more. Now that they have their list of potential donors, ask them to set a personal goal. Compile each team member's goal and share the overall team goal. You can use other opportunities to raise money as a team, but focus your energy on individual fund raising first.

COLLECT TEAM DONATIONS - To help keep your team on track, it is best to collect team money continuously. This will also prevent your team members from holding checks. Your team coordinator can share with you opportunities for turning in money.

ENCOURAGE TEAM MEMBERS TO COLLECT CONTRIBUTIONS FOR IN HONOR AND IN MEMORY SIGNS - The signs will encourage stronger community participation in the event. The signs can be purchased online, using the offline Fundraising Donation Form or Sponsorship Form.