



Team Captain: Important Dates and Checklist

➤ Today

- ☐ [Sign up to be a team captain!](#)
- ☐ Select the cancer fund your team will support
- ☐ Customize your fundraising page – share your team’s story, customize your URL and add photos!
- ☐ Set a fundraising goal that feels attainable, but a little bit of a stretch! The average team goal in 2025 was \$2,500.
- ☐ Start thinking about who you think might like to participate on your team – co-workers, neighbors, family, friends!

➤ This week

- ☐ Invite as many people as you’d like; teams can be any size.
- ☐ If you haven’t already done so, update your fundraising page to include *your story* and add photos of who you are running for!

➤ By August 17

- ☐ Send another reminder email and/or make a social media post about joining your team and encouraging people to get involved.

➤ By September 14

- ☐ Send another reminder email and/or make a social media post about joining your team and encouraging people to get involved.

➤ September 18

- ☐ Send an email to your team members about how you’re excited to see them on the 20th

➤ September 20

- ☐ Check in at 9 a.m. at Seward Park.
- ☐ Share why you are running on your social media.

➤ The week after the event

- ☐ Say thank you to people who joined your team or donated – and post on your social media about the event.