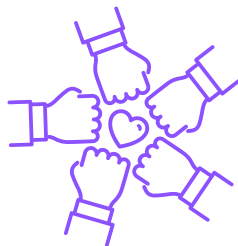




**The PEACES Collective Juneteenth
5K Walk for Wellness
TEAM CAPTAIN GUIDE**





WELCOME to the Walk for Wellness



WELCOME AND THANK YOU FOR BEING TPC 5K JUNETEENTH WALK FOR WELLNESS TEAM CAPTAIN.

THE PEACES COLLECTIVE

The PEACES Collective is a 501(c) non-profit organization. Our mission is to embrace and promote our heritage as Makers to help develop leadership and create thriving communities through cooperative economics and education.

ABOUT OUR FUNDRAISING

Proceeds from the Juneteenth 5K will support the PEACES Collective's Wisdom, Wellness and Wealth program that provides education and culturally relevant seminars. This free online program hosts speakers and experts on a variety of topics curated to meet the needs of the community. These interactive events allow participants to engage in discussions, solutions development, and problem-solving to achieve individual and community goals.

WHY WALK?

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

THE ROLE OF THE TEAM CAPTAIN

Team captains promote their team, recruit participants, and encourage teammates to be successful. Team captains communicate regularly with the team and plan training events. This Team Captain Guide is designed to help you recruit participants and understand how a team works. This guide contains information on the following key topics:

- Planning and Organizing
- Training and Safety
- Team Planning

REGISTRATION

www.thepeacescollective.org/tpc5k

MARK YOUR CALENDAR

We have a series of virtual events to get your team ready for Walk Day. Check the website's Events section for updates, or follow us on Facebook or Instagram. Invite your teammates and potential teammates to participate in a training walk while practicing safe physical and social distancing as needed!

IMPORTANT DATES

Make sure your team knows these important dates
(annual dates posted on the website)

Virtual Program: Weekly workouts beginning **March 3, 2024**

Walk Days: **Saturday, June 15 and Wednesday, June 19, 2024**

Planning and Organizing

WHAT IS A TEAM?

TPC 5K Walk team is a group of friends, colleagues and/or family members coming together with a shared commitment to self-care and well-being.

HOW MANY PEOPLE MAKE UP A TEAM?

We encourage you to rally at least ten members for your team. A team is about building team energy and spirit. So, the more members you have, the more fun the Walk will be.

WHAT IS THE FUNDRAISING GOAL FOR MY TEAM?

Each team has a fundraising goal of at least \$450. Each walker's personal fundraising is counted toward the team goal.

JOINING A TEAM INSTEAD OF PARTICIPATING AS AN INDIVIDUAL

Participants can sign up as individuals, but we encourage teams. Here's why:

- Teams build camaraderie among groups of people who are passionate about self-care and community well-being.
- Teams put the fun in FUNdraising and have a great time training together.
- Teams bring more people and awareness to the PEACES Collective's mission and vision.

WHAT ARE MY RESPONSIBILITIES AS TEAM CAPTAIN?

Your main priority is to keep teammates informed and motivated. Team captains also:

- Recruit new team members.
- Set a team fundraising goal.
- Support TPC social media pages.

Recruiting

HOW TO RECRUIT

Anyone can join your team. Here are a few tips to help you recruit teammates:

- People can't join you if they don't know what you're doing. Don't be shy about spreading the word.
- Choose a unique team name.
- Let your social media work for you. Post an invitation and include a link to your team page. You can also create a team Facebook page to make it easy to get the word out to teammates.
- Ask everyone who joins your team to recruit two members.
- Connect with those interested in wellness; ask them to join you.
- Friendly competition can really get people excited. Find another team and run a competition to see who can recruit more people in a month.

RECRUIT IN THREE EASY STEPS?

1. Email your network and encourage people to join you.
2. Host a team kick-off party. Invite friends and family. Tell them about the event, why you're involved and encourage them to join your team. Register your friends right away.
3. Update your Facebook status frequently with information on joining your team.

10 Possible Teammates				

Training and Safety

SAFETY

As a team captain, check in with your team members to make sure they are prepared to be safe Walk Days. This includes reminding walkers to prepare themselves physically, hydrate, be aware of their surroundings, and practice social distancing as needed.

TRAINING TIPS

Organize training walks with your teammates.

Training as a team deepens friendships and builds confidence, and it is a great way to get ready for Walk Day. Check out the training tips on the website for more information on how to get your team ready!

Organize your own walks with friends and teammates to help you reach your goal.

- Calibrate your steps using an App on your cell phone, Fitbit, or pedometer.
- Evaluate your shoes and clothing and get what you need for a comfortable walk.
- Make sure your shoes fit you properly. Visit a local athletic shoe store for more information on proper fitting.
- Stay hydrated and find the right nutrition plan for you.
- Don't forget to rest. In addition to days off during your training schedule, plan to get enough sleep at night so you have more energy for your walks.
- Stretching can reduce tightness and soreness after a walk.

Team Promotion

TEAM PRIDE

Big or small, company or family, your team can show off its 5K Walk spirit while looking like a team. There is a 5K Walk shirt included in your registration; the key is to recruit early and order early.

We've also seen people build team unity with hats, arm warmers, bandanas, bike decorations, and more. Be creative. Have fun. Make the 5K Walk your own!

PROMOTE YOUR TEAM

Consider promoting your team in local newspapers or company newsletters, with merchants, at community and company events, etc., to show off what your team is doing and encourage support.

UPDATE YOUR INFORMATION

Continually update your team on your social media. Keep posts current to engage your team and fundraising networks.

GET SOCIAL

Don't forget to post Facebook and Instagram!

Invite your team to join our Facebook group at:

[facebook.com/ThePeacesCollective](https://www.facebook.com/ThePeacesCollective) and remember to post your pictures in the group to encourage and inspire others!

Use Instagram to show a training walk your team just finished. Show off what your team is doing!

Team Planning

Team Name:	
Team Captain:	
Co-Captain:	
Target number of team members:	
Target team \$ goal:	
Target \$ goal for each team member:	
Team recruitment kick off announcement. Due Date:	
Email members announcing team. Due Date:	
Email members goals & activities. Due Date:	
Email thank you to all team members. Due Date:	

NOTES
