



## Participating as a Team

A great way for your church to participate in the Walk and Run for Life is to register as a team! Below are some tips to get started:

### 1. Sign up

Register at [www.nlfs.org](http://www.nlfs.org) or by calling 507-282-3377. During registration, create a name for your team. Upon successful registration, you will receive a personal fundraising page. Customize your fundraising page with pictures, your personal story and your church's involvement with New Life Family Services. You will then have the option to share your page with others, inviting them to either join your team or give towards your fundraising goal.



### 2. Recruiting team members

When recruiting others from your church, make sure to provide them with the team name. Individuals will select this team name during their registration.



### 3. Establish a fundraising goal

Each team member will be provided with a personal online fundraising page, which they can customize. Team members will fundraise individually but your donation are tracked as a team. As the team captain you will be able to track your team's fundraising efforts.

Set a goal for your team and encourage members in their individual fundraising. Encourage each team member to raise at least \$200 – enough to provide one pregnancy test and one ultrasound. For those who raise \$200 or more, they will receive a free Walk t-shirt!



### 4. Fundraising

An easy way to fundraise is to utilize your online fundraising page. You can connect your fundraising page to social media or share via email. We also have sponsor forms on our website available for download. If you collect pledges by using sponsor forms, simply bring the money you have collected to the Registration Table on the day of the Walk.



### 5. Walk or run!

Meet your team at 9:00 am on Saturday, June 28th at Silver Lake. Check in with your team at the Registration Table and make sure to turn in any sponsor forms. Then, get your free team photo taken (team photos will be posted on our Facebook page following the event), and enjoy your morning together as you Walk or Run for Life!