

PINK PUMPKIN RUN

2018

TEAM CAPTAIN'S KIT

Ready, Set, Go Pink!

9TH ANNUAL PINK PUMPKIN RUN

**Saturday, October 27 | Lake Guntersville, AL
5k • 10k • 1 Mile Fun Run • Pancakes • FUN!**

The Pink Pumpkin Run is an annual affair for a great cause! The event features a chip-timed USATF certified 5k and 10k, 1 Mile Fun Run, early registration and packet pickup (great for teams!), music, children's activities and the popular Pink Pancake Brunch.

Thanks for your interest in becoming a Pink Pumpkin Run Team Captain! Teams provide an awesome opportunity to participate in the Pink Pumpkin Run and help The Foundation for Marshall Medical Centers further its mission of bringing better health to our community by providing free mammogram screenings to indigent and underserved women in Marshall County.

Read on to learn more about forming your team!

SCHEDULE OF EVENTS

- OCTOBER 18 // Pre-registration & Early Packet Pick Up
Therapy Plus Boaz // 4 - 6 PM
- OCTOBER 26 // Pre-registration & Early Packet Pick Up
Guntersville Rec Center // 3 - 6 PM
- OCTOBER 27 // RACE DAY

7 - 8:45 AM // Packet Pick Up and Registration

9:00 AM // Pink Pumpkin Run 10k (starts at Rec Center)

9:15 AM // Pink Pumpkin Run 5k (starts at Civitan Park)

10:15 AM // 1 Mile Fun Run & Pink Pancake Brunch

11:15 AM // Awards Ceremony

Children's activities, live radio broadcast, music and more available all morning!



BUILDING A GREAT TEAM

- 1 RECRUIT** **others to join** your team! Gather your family and friends to participate in someone's honor or memory. Join forces with your co-workers as a way for your business to send a strong message to customers, employees and other stakeholders that your organization cares about the health of our community. Or, rally your church or civic group to participate in a family-friendly event while gaining valuable exposure for your organization! Teams can have as many members as you like and those who cannot participate on race day can still register with your team and support in spirit!
- 2 SIGN UP** Team captains **must register online** at www.pinkpumpkinrun.com (just follow the link to Race Roster and use the instructions provided). Once you've filled in your information, you will be given the opportunity to create a team that future team members can join. Team members do not have to run in the same event to be considered a team. For example, one team member can walk in the Fun Run while others choose to run the 5k. A mail-in form can be downloaded from our website if you have team members who prefer to sign up non-electronically. Just be sure they write in your team's name!
- 3 SET A GOAL** Teams are not required to fundraise, but we encourage every team to take the Pink Pumpkin Run Challenge and **raise at least \$100** per teammate above and beyond registration fees. Decide what your team is comfortable with and set your goal! Use the online fundraising tool to create your Team Page, share your team story, send personal emails to recruit team members and raise funds! You can even track how close you are to your goal and enter any funds raised offline.
- 4 HAVE FUN!** Encourage your team to participate by sending regular updates, helping them set up their own personal fundraising pages or planning a team kickoff or fundraiser like a bake sale, car wash or something special to your team. (If you need ideas, contact the Foundation Office at 256.571.8026 and we'll be happy to help!) Don't forget about the Best Team Name, T-Shirt and Team Costume awards. Share your team's progress on social media using **#PinkPumpkinRun!**
- 5 GEAR UP** Team captains are encouraged to pick up their entire team's packets at either of the early packet pick ups (mentioned on page 1). We ask that you let us know when you are planning to come so we can have all your packets pulled and ready for you. So, give us a heads up at 256-571-8026 or foundation@mmcenters.com a few days prior. We also ask that you **bring any funds raised** with you at this time so we can tally the team winner for the Most Money Raised award!
- 6 GO PINK!** Show up a little early on Race Day morning just to be sure you're there to answer any questions for your teammates. (If you'd like to set up a tent or "HQ" for your team, we encourage you to do so. Just contact us beforehand.) Stick around for the awards ceremony to cheer on your teammates and find out if your team won a trophy for Most Money Raised, Most Registered Participants, Most Race Day Participants, Best Team Name, Best Team Shirt or Best Team Costume Theme!



