



Team Captain Toolkit

2023 Walk for Life & Famously Hot Pink Half Marathon + 5K

A Prisma Health Midlands Foundation signature fundraising event benefiting Prisma Health Breast Center

Presented by  **Dominion
Energy**[®]
Actions Speak Louder

Saturday, Oct. 14, 2023
Segra Park
1640 Freed St., Columbia, S.C.

WalkForLifeColumbia.org

PRISMA HEALTH[®]
MIDLANDS FOUNDATION

Team captains, you rock! You're at the heart of thousands of walkers and runners who are helping us kick breast cancer to the curb.

Ready, Set, Team Up!

Visit WalkForLifeColumbia.org to create your team today!

Create your team page

Recruit team members

Donate to your team + fundraise

Share on social media

NOTE: Donations are not registrations and do not include shirts. To receive a shirt, your team members must register for Walk for Life or Famously Hot Pink Half Marathon, 5K + Aflac Kid's Fun Run.

The Big Day: Oct. 14!

Walk for Life late registration	6:30 a.m.
Famously Hot Pink Half Marathon	7:15 a.m.
Aflac Fun Run	7:30 a.m.
5K race start	7:55 a.m.
Walk for Life start	8:00 a.m.

Let's get social! Follow us on social media, post using the hashtags below, share our posts and join the conversation!



PH_Foundation



PrismaHealthMidlandsFoundation



PHFoundation

#WalkForLifeColumbia #FamouslyHotPinkHalf

Getting Started

DIGITAL DOWNLOADS available now at WalkForLifeColumbia.org

MULTIPLE PERSON WAIVER

Complete and submit this form if you have used the "register multiple people" option on the website (allowing you to register multiple people in one transaction) and need to submit signed waivers for the individuals you registered.

WALK FOR LIFE INDIVIDUAL PAPER PAYROLL DEDUCT REGISTRATION FORM

This registration form is for Prisma Health–Midlands team members who want to register for Walk for Life via payroll deduction.

ROUTE MAPS

5K and half marathon maps

FUNDRAISING IDEAS

The possibilities are endless for how you can raise funds through your team!

You can even download a digital copy of this team captains toolkit!



Registration Info

ALL REGISTRATIONS INCLUDE AN OFFICIAL EVENT SHIRT!

Walk for Life

\$45

Famously Hot Pink Half Marathon

\$70 (Increases to \$80 on Aug. 1, \$90 on Sept. 1 and \$100 on Oct. 1)

5K

\$45 (Increases to \$55 on Sept. 16)

Aflac Kid's Fun Run

\$15 (Increases to \$20 on Sept. 16)

NOTE: No registration available on race day for half marathon, 5K and fun run.

Online registration ends on Oct. 12 at 11:59 p.m. Children older than 5 must register and will receive a T-shirt. Children 5 and younger may participate in the walk, half or 5K at no charge. Children of all ages must register to participate in the Aflac Fun Run. Payroll deduction options are available for Prisma Health team members.

Packet Pick-Up

Pick up shirts and other goodies at Strictly Running!

Get all your gear for you and your team (walkers & runners!) the week before the race at Strictly Running 2515 Devine St., Columbia, S.C.

Tuesday, Oct. 10 - Friday, Oct. 13 between 11:00 a.m. - 5:45 p.m.

Monthly Checklist

JULY

- Think of a unique team name. Be creative!
- Start your team at WalkForLifeColumbia.org by registering yourself as the team captain.
- Set a team fundraising goal.
- Begin recruiting family members and friends to join your team.
- Stop by Prisma Health Midlands Foundation to pick up your toolkit.
- Pick up posters, shoeprints, and save-the-date cards. Use these as tools to help you begin fundraising and spreading the word about the event throughout the community.
- Meet with team members to brainstorm exciting fundraising ideas.

AUGUST

- August 1: price increases to \$80 for Famously Hot Pink Half Marathon
- Host at least one fundraising party or partner event (i.e. bake sales, garage sales, pink ribbon sales)
- Encourage your teammates to set personal fundraising goals for themselves for the month of August.
- Lead by example! Post on your social media about why you're dedicated to this cause and how others can get involved by donating/joining your team. Inspire team members to do the same to help them reach their goals.

SEPTEMBER

- Sept 1: price increases to \$90 for Famously Hot Pink Half Marathon
- Sept. 15: price increases for 5K run and Aflac Fun Run
- Organize a second partner event/fundraising party. A great goal is to host one event per month!
- Begin turning in your fundraising money to Prisma Health Midlands Foundation, and keep up with your dollars by entering in all cash and checks online so you can see your total grow!
- Make a final recruitment push by emailing your friends and colleagues about your team and why you've all joined together to help beat breast cancer in the Midlands. Encourage them to join you!

OCTOBER

- Packet Pick-Up: Tuesday, Oct. 10- Friday, Oct. 13 11:00 a.m. - 5:45 p.m. at Strictly Running 2515 Devine St., Columbia, S.C.
- Oct. 1: price increases to \$100 for half marathon
- Oct. 12: Online registration closes at 11:59 p.m.
- Oct. 14: EVENT DAY!

