



What you CAN DO...

Join the TEAM CHALLENGE!

- *Teams can be corporate or community teams.*
- *Individuals on the same team can compete in different distances...they can run or walk.*
- *There will be team awards and community recognition for those that win the team challenge in several different categories.*
- *It is easy to put together a team – just decide on a team name and recruit others to join you...each person will register individually and you can train, fundraise, walk and/or run together and have fun!*
- *CanDo 5K/10K benefits children with special needs and their families. They have accepted the challenge, will you?*

***Put your team together today
and challenge others to see what
they CAN DO too!***



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REGISTER TODAY As A Team Captain

We want to make sure we stay in touch with team captains prior to the **Can Do 5K/10K** on **Saturday, March 27, 2010**. Please take a moment to fill out this sheet and return it by **fax** at **206-631-8898** or by mail to the address below or email **CanDo5K10K@yahoo.com**.

Date: _____

- I am pleased to sign up as a team captain for the Can Do 5K/10K benefitting Northshore Special Families, a program of the Center for Human Services.

Name: _____

Team Name or Organization: _____

Address: _____

Home Phone: _____ Work Phone: _____

Email: _____

-
- I am organizing a Corporate team Community team
 I need _____ additional race registration forms for my team.
 I know of someone else that is interested in serving as a team captain.

Please send a Team Captain's Packet to:

Name: _____

Organization: _____

Address: _____

Email: _____

Mail to: Can Do 5K/10K – Northshore Family Center
18414 - 103rd Ave NE, Bothell, WA 98011



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Event Information

Date: Saturday, March 27, 2010

Where: The Seattle Times North Creek Facility,
19200 120th Avenue NE, Bothell, WA

Time: Registration: 7:00 – 8:20 am
10K Run Starts: 8:30 am
1 Mile Walk Starts: 8:35 am
5K Run/Walk Starts: 8:45 am
Awards: 9:30 am
Kids Dash: 9:45 am

Race Course: Around the North Creek business park including the North Creek trail

Registration Forms: Enclosed in your team packet is a sign up sheet for you and members of your team to fill out and sign. The individual team members can register on-line or by mail-in or in person at various locations.

Deadline: Team registration is requested and all forms should be post-marked by March 20, 2010

You can also pre-register at the following locations:

Everyday Athlete | Kirkland | 425.821.4301
Foot Zone | Redmond | 425.556.0383
Foot Zone | Bellevue | 425.462.7463
Running in Motion | Edmonds | 425.774.0637
Run26 | Lynnwood | 425.771.2626
Super Jock-n-Jill | Seattle | 206.522.7711

On-site registration will be available the day of the run, if your team cannot pre-register.

Team Goal: Each team member is encouraged to donate a minimum of \$10 above the registration fee. **Because this is also a fundraiser run and walk, the ideal goal for all teams is to raise an average of \$100 per person in donations.**

If you have any questions, please contact Konnie Drews at 206-660-3263 or CanDo5K10K@yahoo.com



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BUILDING A GREAT TEAM

Starting Off

- Set a goal of the number of team members you would like to have – then double it by asking each team member to bring a friend. Strive for a minimum of five runners or walkers.
- When organizing teams at work, consider the size of your organization when setting your goal. The larger the organization, the larger the teams will be. In larger companies, designate a team captain or coordinator in each department or floor and challenge each other.
- Have the teams challenge to see who can collect the most money.
- Remind team members not to hesitate when recruiting runners or walkers or donations. Remember that there are many families in our community that have children with special needs and when all of us do what we can to create a community of inclusion we all benefit. This is an opportunity to celebrate what we all CAN DO together.
- Make information about Northshore Special Families available to colleagues and friends. Go to www.northshore-specialfamilies.org for more information.
- Use email, voice mail and posters to spread the word throughout your company or group.
- Get your team together for lunch or run or walk together before the race.
- A few times before the run, have team members report on their fundraising success. Remind your team about corporate matching gifts, if your company does this.
- Be prepared – keep additional registration forms on hand at all times. Each runner or walker needs to send in an individual registration form and fee. You can also download additional forms at www.CanDo5K.org.
- Make sure that all team members know the team name and use consistent spelling when registering online.
- Include a story in your company newsletter or on the company's website about the Can Do 5K/10K and your team.
- Set up a team fundraising website through the race website: www.CanDo5K.org. The online registration company we are using is GetMeRegistered.com; there is an option for an online fundraising page that you can personalize for your team.



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SIGN-UP FORM

Use this sign-up chart to keep track of who has joined your team, who has committed to helping recruit others and who has been sent a brochure/registration form.

Remember that each team member must be individually registered; use the **CAN DO 5K/10K** registration forms included in your packet or download some from the website: www.CanDo5K.org or have them register online.

NOTE: This form is for your reference and does not need to be turned in on the day of the run.

	Name	Phone or Email	Race distance (10K, 5K, 1 mile)	Ind. Fundraising Goal	Total Amt. Raised
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					



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AWARDS

You have many opportunities to win team and individual awards. Teams will be awarded plaques in the categories listed below. Make sure each of your team members set a goal and reach for it. **All Can Do 5K/10K and 1 mile Walk team participants are encouraged to raise \$100 each.**

TEAM AWARDS

Award Number 1: Highest Number of Team Participants

Get your whole company, department, group, club or sports team to join the team!

Award Number 2: Highest Overall Race Time

The top 4 fastest times for the 5K will determine which team gets this award.

Award Number 3: Greatest Amount of Money Raised

Talk to everyone you know and be known in the community as the team that raised the most money for Northshore Special Families!

Award Number 4: Best Team Spirit

Be the team that has the most fun. Wear costumes or special shirts, sing, do a cheer and celebrate as you run. The course monitors and race directors will hear and see and determine what team has the best team spirit.

INDIVIDUALS

In addition to the team awards listed above, there are individual awards.

Runners:

Top Overall Male and Female finishers in the 5K and 10K will receive gift certificate awards. Top Individual fundraisers will also receive awards.

All Participants:

All pre-registered participants will receive a quality **race t-shirt**.

Please visit www.CanDo5K.org for more details.



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FINAL THOUGHTS

It's all about what we CAN DO together as a community to make the greater Northshore a community where everyone is welcome. You probably know at least one person in your community--at your church, in your child's school, in your family--who has a disability. Think about the difference your involvement will make.

The money that we raise through the **CAN DO 5K/10K** will help offer:

- New and increased opportunities in our community for special families
- Inclusive and specialized camps
- On-going education and support with guest lectures and workshops
- Sib-shops for siblings of children with special needs
- Expanded geographical reach for our programs
- Increased family outings with support
- Programs to support parent relationships
- Increased disability awareness training in local schools

Supporting families with children with special needs is a step towards making our community more inclusive for everyone.

About Northshore Special Families

Northshore Special Families aims to increase opportunities for social inclusion for children with special needs and their families through support, advocacy and education. Northshore Special Families is operated out of the Northshore Family Center, a program of the Center for Human Services, a 501(c)3 not-for-profit organization. Northshore Special Families began in 2004 and is an all volunteer, parent-led community of families with children with special needs. We offer programs for children and families in North King and South Snohomish counties.



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