

A RACE FOR PEOPLE OF ALL ABILITIES



LEARN MORE



Take the CAN DO 5K Team Challenge!

- Teams can be comprised of corporate colleagues, community groups, or family members.
- Individuals on the same team can compete in different distances...they can run or walk.
- There will be team awards and community recognition in several different categories, such as team size, team spirit, etc.
- 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!
- Can Do 5K benefits children with special needs and their families. They have accepted the challenge -- will you?

Form a Team & Show us what you Can Do!

STEP 1: REGISTER YOUR TEAM NAME AND TEAM CAPTAIN

We want to make sure we stay in touch with team captains prior to the **Can Do 5K** on **Saturday, April 29th, 2016**.

Create your team name by

- Register online at www.CanDo5k.org
- Create a Team Name during the registration process.
- Once you complete your registration your Team Name will now be available for your teammates to choose from on the teams list.
- Team Captains should identify themselves by selecting the Team Captain box during their registration.
- That person will receive information about the Team Competition from our Teams Coordinator.
- All teams must have a Team Captain.

STEP 2: BUILDING A GREAT TEAM

- 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.
- Make sure that all team members know the team name. They will be able to find and choose your team in a drop down menu when registering online! This ensures that your team gets proper credit for all your members.
- Set up a **FREE team fundraising** website through the race website: www.CanDo5K.org. Click Donate, and then Become a Fundraiser. You can name the Fundraiser after your team. Once you've created the Team Fundraiser page, send it out to your team members so that they can distribute it to friends and family. **Note:** If desired, each team member can create their own fundraising page. Setting up a fundraising page is not the same as registering for the event.
- 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 My Village Northwest (formally Northwest Special Families) available to colleagues and friends. Go to www.myvillagenw.org for more information.
- Get your team together for lunch, or run or walk together before the race.
- 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.

- 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.
- Include a story in your company newsletter or on the company's website about the Can Do 5K and your team.
- If your team would like a more structured training program contact the Northshore Y about their Couch To 5k training program designed to get runners/walkers ready for the Can Do 5K.

EVENT INFORMATION

Date: Saturday, April 29th 2017

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

Time:

Day of Registration	7:00am - 8:20am
Team Pictures	7:20 - 8:00am
1 mile Walk/5k	8:30am (line up by pace)
Free Kids Dashes	9:45am
Awards	10:00am

Race Course: Around the North Creek business park including the North Creek trail. For a list of all races and course maps, please visit www.cando5k.com and click on the Race Overview page.

Registration Forms: Individual team members can register on-line, by mail-in, or in person. Paper registrations will be available online at the cando5k.org website. Family registrations will also be available. **Important:** Ensure that your teammates know your team name prior to registration.

Deadline: Team member paper registrations must be post-marked by April 10th or submitted online by Wednesday, April 26th, 2017.

Team Goal: We encourage teams to fundraise to their most comfortable level however having fun, supporting each other and being healthy are our goals.

If you have any questions, please contact Rich Bennett at 425-922-6031 or teams@cando5k.org

Can Do 5K 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 and 1 Mile Walk team participants are encouraged to raise \$100 each.**

TEAM AWARDS

Award #1: Biggest Team

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

Award #2: Fastest Team

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

Award #3: Greatest Fundraiser

Talk to everyone you know and be known in the community as the team that raised the most money for Northwest Special Families! Your efforts and team's generosity needs to be recognized!

Award #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.

Award #5: Oldest Team

Average age of all team members. This recognizes the youthful enthusiasm of our seniors!

Award #6 Youngest Team

The average age of all team members. This tends to favor our youngest families!

Award #7 Northshore SD Challenge

We want to encourage our schools to a friendly rivalry of who can bring the biggest team to our event. Bragging rights for the year and a fun trophy will be up for grabs!

INDIVIDUAL AWARDS

Visit www.cando5k.com for complete details on individual awards.

Runners: Top Overall Male and Female finishers in the 5K will receive gift certificate awards.

Fundraisers: Top **Individual** fundraisers will also receive awards.

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. Visit www.myvillagenw.org for more info.

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

- New and increased opportunities in our community for special families
- Inclusive and specialized camps
- Exploring & cultivating housing & employment opportunities for individuals with special needs.
- Sib-shops for siblings of children with special needs
- Developing partnerships with organizations offering services to individuals with special needs.
- Creating social & support opportunities for families with special needs and those individuals.
- Programs to support parent relationships and information exchange
- 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.