



***Stepping Up!* Walkathon 2009**

Team Captain Instructions

Thank you for agreeing to serve as a team captain!

You are now a key member of this year's *Stepping Up!* Walkathon to support seniors at New England Sinai Hospital's Adult Day Health Care Program. The Walkathon will be held on Sunday, September 13, 2009 at the Striar YMCA (formerly know as the Striar JCC). Registration begins at 8:30 am. and the Walkathon starts at 9:30 am. So what does it mean to be a team captain? Here's what you need to do:

- 1) **RECRUIT YOUR COLLEAGUES, FRIENDS AND FAMILY** to walk with you on your team. We encourage teams of ten, but your team can be larger or smaller. Let everyone know that they're joining a fun event that benefits a worthy cause. As you recruit walkers, add them to your Team Sign-Up Form and tell them they will receive a free Walkathon water bottle.
- 2) **GIVE TEAM MEMBERS A WALKATHON BROCHURE.** The brochure contains information about the Walkathon and a form they can use to list their sponsors.
- 3) Encourage each walker to **SIGN UP SPONSORS** by asking colleagues, friends, relatives and local businesses to sponsor their walk with a tax-deductible contribution. If each walker receives a contribution of at least \$10 from each of ten sponsors, they will raise at least \$100, and a team of ten will raise \$1,000! Larger contributions will have an even greater impact on your team total. Walkers who collect \$40 or more will receive a free Walkathon t-shirt.
- 4) Ask team members to **COLLECT SPONSORSHIP CONTRIBUTIONS** before the Walkathon. Checks are preferred, made payable to the Sinai Foundation. If cash is collected, please turn in the cash rather than writing your own check. The Sponsor Form and contributions should be turned in at the registration table on the day of the Walkathon.
- 5) Periodically **CHECK IN WITH TEAM MEMBERS** to ask how they are doing in registering sponsors. Offer suggestions and encouragement. Remind them that their efforts will help provide scholarships for eligible community residents who wish to attend New England Sinai Hospital's Adult Day Health Care Program but don't qualify for insurance coverage and cannot afford to personally pay the program fees.
- 6) **START A FRIENDLY COMPETITION** between your team members to see who can raise the most money. Your team can compete with other Walkathon teams. Prizes will be awarded to the top fund-raising team and top fund-raising individual.

QUESTIONS? NEED MORE BROCHURES? Call Deb Ribak at the Sinai Adult Day Health Program at (781) 297-1375.



2009 Team Sign-Up Form

Team Name (be creative!): _____

Organization: _____

Address: _____

Telephone: _____

Email: _____

Team Walkers

Address/Department

Phone

1. CAPTAIN: _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Attach more sheets if necessary

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