

Team Info Sheet

Teams can consist of walkers, runners, or a combination of both, to a maximum of ten people. This is a great way to get your friends, neighbours, colleagues, and family members involved!

All team members must register individually and should keep track of their own pledges. If your team chooses to collect pledges together (applicable only to the ON PAPER method), the team's dollar amount will be divided up equally among team members. Each team member will be eligible for pledge level prizes and other incentives based on this calculation.

FORMING A TEAM: ONLINE – www.WalkandRun.ca

This is the easiest way to start a team. Just register, log in, click on "Team Settings", and follow the simple instructions. Please remember that:

1. The Team Captain should start the team using the instructions under "Team Settings".
2. Each team member must first register individually before they can join a team.

If you have some team members who are online and some who are not, you must fill out the paper Team Registration Form (other side of this sheet) and submit it as indicated below, attaching participant registration forms for those who are not online.

FORMING A TEAM: ON PAPER

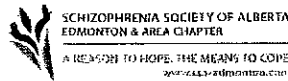
All team members must fill out individual registration forms (in the brochure) and attach them to the Team Registration Form for submission.

Each member must keep track of his/her own pledges on the pledge form in the brochure. If you need more space to record pledges, you can contact our office at 428-2465 to have extra brochures mailed to you.

1. Choose a team name.
2. Have each team member fill out a participant registration forms (in the brochure).
3. Designate one of your team members as "Team Captain".
4. Fill out your Team Registration Form (other side of this sheet).
5. Attach all participant registration forms to the Team Registration Form.
6. Your "Team Leader" (or a delegate) will be responsible for submitting the Team Registration Form along with attached participant registration forms and all pledges raised by each team member. This can be done in the following ways:
 - a. At the office up to September 4:
Mail or Personal Delivery: #201, 10621 – 100 Ave, Edmonton, AB T5J 0B3
Fax: (780) 482-3027
 - b. At the Running Room (8537 – 109 Street):
September 5 (4 PM – 8 PM) and September 6 (10 AM – 5 PM)
 - c. At the Open Minds Walk and Run (September 7) from 8:30 AM – 9:30 AM.

Prizes for Teams and Team Members

Team members are eligible for the same draw prizes and pledge level prizes available to individual participants. Teams will qualify for two special team prizes: 'Most Dollars Raised' and 'Most Team Spirit'! Be creative in demonstrating your spirit. You could design team costumes, paint your faces, invent a team cheer...go wild!



Team Registration Form

Team Name: _____

of Team Members : _____

Team Captain: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 2: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 3: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 4: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 5: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 6: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 7: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 8: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 9: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.

Team Member 10: _____ Ph: (_____) _____ Email: _____

I am participating in the: 2.5k Fun Walk 5k Trail Walk 5k Road Run 10k Trail Run

My completed participant registration form is attached. OR I registered online.