

Beautiful Butterflies Inc.

Presents Our 8th Annual Lupus 5k Walk/Run: Hester Park, Greensboro, NC

Team Captain and Participation Information

Why We Walk:

Kendra Brooks Turner - As a close family member of relatives with Lupus, I have come to see the effects of this disease. I desire to do my part and make more people aware of LUPUS so that they will know they are not alone and there's help and support for them. Lupus is a disease that can be very painful, can affect all areas of your body and can sometimes leave you not wanting to get out of your bed. Awareness, education and understanding Lupus is only a portion of knowing how to survive this disease. However, together we can strengthen each other to remember the reasons for choosing to make that step daily to overcome this disease. It is a battle that I fight willingly, walking and running alongside my cousin Keva who was diagnosed in 2003 with Lupus. Keva has the disease but the disease surely doesn't have her!!! She will fight and I will be beside her along with our family, friends and loved ones during the battle... Don't give up, please keep pressing on, there is a greater reward awaiting you. We will THRIVE together!!

Together
Everyone
Achieves
More

What is a team? In setting up a team, it's comprised of a group of 5 of fundraising walkers who join together under a Team Captain to raise funds for Beautiful Butterflies Inc, 5k walk/run. Teams typically come up with a meaningful name and often design a Team T-shirt to be worn on the day of the Walk.

What size should the teams be? We are looking at having teams comprised of about 5 members minimum. Remember your team can be family members, co-workers, friends, church members, etc. There is no limitation on how many can be a part of your team.

Anyone can be a Team Captain! The best Team Captains are energetic, enthusiastic and motivated. We are requesting that as a team captain, that a monetary goal is set up for the team to know their expectations. For example if you have a team of 10 people then the goal can be set to have each member raise a minimum of \$100 each, a total of \$1000 raised. This in turn will not only have your team recognized for team comradery in supporting our cause, however it also enters your team into the drawing for prizes that will be announced at the end of the event. Using creative ideas to help raise these funds can be a very productive form of fundraising. Sharing important information and encouraging your team will be a very important part in your role to ensure success.

Catch the Team Spirit

Did you know that most walkers raise more if they are on a team?

Beautiful Butterflies Inc. Walk/Run is an opportunity for people with lupus and their loved ones to come together and support each other. You can show your support by forming or joining a team so we can fight lupus together. It is also a way for your company, organization, or group of friends and family to increase their visibility in the community and promote team work, loyalty, health, and fitness all at the same time! This is an easy, fun, low-cost social event for everyone to get involved in.

We all can achieve more by pulling together for one central goal — fighting lupus. Beautiful Butterflies Inc, is happy to help you recruit, motivate, and grow your team. Utilize our knowledge and expertise of team building activities and fundraising techniques to help you become more creative and innovative in your approach.

On Walk day, we will take a photo of your team to help you commemorate the special event.

Now let's get started! You may have already accomplished some of these steps, but make sure to read through the entire list, to see what else you can do for your team.

It's easy to start a team:

1. Register as the team captain and set up the team name.
2. We recommend recruiting a minimum of at least 5 team members.
3. Be sure that everyone who registers fills in the team name on the registration form.

How do I get started?

1. Go to www.mybeautifulbutterflies.com to register your team.
2. Invite others to join your team – be sure to share your goals and why you are a Team Captain.
3. Check on the progress of your team members
4. Have FUN and feel good knowing that you are playing an important role in the lives of those with lupus.

Four Steps to Team Success

Step 1 - Set a Team Fundraising Goal: Most people work harder when they have a specific goal to meet. Set a team goal that is attainable yet challenging. Encourage each participant to set their own dollar goal (a suggested rule of thumb is a minimum \$100 per team member). **Keep track of your team's progress and report successes back to everyone. Share ideas with one another.** Remind your team that the donations they collect will support the programs, services and research of the Beautiful Butterflies Inc. foundation!

Step 2 – Recruit Participants: Anyone can join your Walk Team - family members, friends, co-workers, ANYONE! **Ask those you've already recruited to invite their network of friends to join.** Don't forget to ask people you know through church or temple, networking groups, social groups, etc. Each member of your team **must** register online or by completing and mailing in a form (photocopies accepted).

Step 3 – Communicate: Staying connected to your team keeps their enthusiasm and momentum up and gives everyone an opportunity to share their successes and fundraising ideas. The best way to stay connected with your team is through email, if possible. **Some suggestions include: weekly e-mails, telephone updates and at least one team gathering.** Remember to send encouraging e-mails, have fun and make sure to THANK THEM!!

Step 4 – Fundraise: Raise donations by asking for support from family, neighbors, friends, business contacts and coworkers. With your help, we will continue to lead the fight against lupus!

THE TEAM CAPTAIN WILL NEED TO TURN IN THEIR TOTAL BY April 27, 2018!!!