Why Run/Walk?

As many as one in 57 children born in North Carolina today has autism, according to the Centers for Disease Control and Prevention (CDC). Everyone knows someone affected by autism, whether it is a family member, friend, or co-worker. You can make a difference in their lives with the Run/Walk for Autism.

We Can Help

The Autism Society of North Carolina (ASNC) has provided support and promoted opportunities for individuals with autism for almost 50 years. ASNC is the leading resource in North Carolina serving individuals with autism and those who care about them through advocacy, training and education, and direct care. By working with individuals on the spectrum, their families, professionals, providers, and policy makers, ASNC ensures that needed services and options are available throughout the lifespans of individuals with autism.

You Can Help

All of the money raised by ASNC’s annual Run/Walk for Autism events stays in North Carolina to change the lives of more than 65,000 individuals with autism. From each dollar raised, 89 cents goes directly to programs that help individuals and their families. We count on these events to provide the necessary financial support to improve the lives of individuals with autism and support families affected by autism in your community.
Ready, Set, GO!

Thank you for forming a team for the Run/Walk for Autism! As the team captain, you are the link between your team and ASNC. Here are some tips to help you on your way to a successful team!

First, make sure your own page is inviting:

1. Log in on the race website to personalize your fundraising page, which is what your donors will see.
2. Share information about yourself and why you participate in the Run/Walk for Autism.

Now you’re ready to go! There are two main ways you can help us raise awareness and money through the Run/Walk for Autism:

1. Recruit members to join your team.
2. Fundraise to collect donations for your team.

Goal #1: Build a Big Team

Your first step is to spread the word by contacting people who might join your team. Recruiting a new team member is easier than you think, and there is no limit to how large or small your team can be. We appreciate all teams!

Recruit teammates now!

- **Ask family members, friends, and co-workers directly or via email.** Think about your spiritual community, sports teams, civic groups, school friends, and neighbors.
- **Use social media.** ASNC creates Facebook event pages for each Run/Walk, so you can “join” to say you are going and use the “invite” feature to ask friends to join you.
- **Display a Run/Walk for Autism save-the-date card** on your desk or in your company lounge, lobby, or elevator. Schools, local libraries, and medical offices are also great locations!
- **Talk about your team** to anyone who will listen. Let people know why this is important to you!
- **Ask for an announcement about the Run/Walk** to be included in your company newsletter, faith-based bulletin, or school newsletter.
- **Friends and family who do not want to run or walk that day can still join your team as a virtual member** and raise money for our cause.

Get them registered!

- **Team members must register and pay individually.** The easiest way is to join your team online. When you recruit someone, be sure to tell them the name of your team.
- **Individuals:** Select the “Join a Team” option on the home page and choose the team name from the drop-down box.
- **If a person is already registered and would like to join your team, send an email to runwalk@autismsociety-nc.org listing their name, the team name, and which Run/Walk they are doing.**

- Participants are not required to compete in the same category, e.g. competitive 5K or 1-mile walk, as their teammates.
Goal #2: Inspire Your Teammates to Fundraise

As team captain, it is up to you to let your teammates know how important it is to collect donations. Your participation on race day helps us raise awareness, but the donations are what enable us to provide support and promote opportunities for those affected by autism in your community. Share these ideas with your team!

Be a successful fundraiser

- **Start early!**
- **Set a goal** and share it with others.
- **Lead by example.** The easiest donation will come from you and will motivate others to donate.
- Write a list of potential supporters such as your employer, family, friends, hairstylist, doctor, dentist, real estate agent, sorority/fraternity members, car dealer, clients, colleagues, and neighbors. Check people off as you contact them.
- **Use a fundraising approach that reflects your style,** whether it be personal letters, emails, direct asks, Facebook, or telephone calls. You’ll do best with one that reflects your personality.
- **Keep people updated** on how close you are to your goal.
- **Ask for a specific donation level** or that people match your donation.
- Find out whether your employer has a matching gifts program. If so, you can easily double your dollars raised.
- **Get creative** by holding a garage sale, bake sale, car wash, or chili cook-off.
- Place a jar in a business for people to donate their spare change.
- Ask a local restaurant or store to donate a percentage of sales from one night to your team.

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Donating is easy!

Donations can be made online, mailed to the local office, or submitted on race day. For mailed donations, please make sure you note which team and team members your gift is supporting. That way your donations will be credited toward your team’s fundraising goal.
Harness the power of social media

- Use Facebook or Twitter to tell people about your race training or fundraising, and include a link to your personal fundraising page. Examples are provided below.
- Create a video about your personal story and post it to YouTube.
- If you have a personal blog, update it often; include your recent fundraising successes and invite others to join you.
- Email friends and family with your fundraising goals; include photos to engage them.

Not sure what to say?

Here are some example wordings you can use in emails or on Facebook or Twitter. Always include the link to your personal fundraising page!

<table>
<thead>
<tr>
<th>Early Post</th>
<th>Next Post</th>
<th>Stats Post</th>
<th>Week Before</th>
<th>After Event Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am excited to participate again this year in the Triangle Run/Walk for Autism on October 13th. I hope you will consider supporting me and making a donation to help individuals with autism.</td>
<td>My fundraising goal for the Triangle Run/Walk for Autism is $[AMOUNT]. I’m just about [XX]% there. If each of my Facebook friends donates just $[X], I’ll reach my goal! Will you help me?</td>
<td>Did you know autism affects as many as 1 in 57 children in North Carolina? Join me on October 13th, to raise money to improve the lives of individuals with autism. Thank you!</td>
<td>We’re approaching the finish line for the Triangle Run/Walk for Autism. If you haven’t had a chance to donate yet, there’s still time. Thank you!</td>
<td>Thanks to everyone who supported my efforts and changed a life at the Triangle Run/Walk for Autism. Our team raised $[AMOUNT] to support the over 65,000 individuals with autism in North Carolina. If you would still like to donate, please visit trianglerunwalkforautism.org. Thank you!</td>
</tr>
</tbody>
</table>

Please help us meet our $250,000 GOAL FOR 2018

Last year Run/Walks across the state raised:

- $600,000
- 6,617 participants
- 378 teams

Your support enabled:

- 6,600 families to receive support from Autism Resource Specialists
- 22,000 individuals to receive direct services
- 290,000 people in the community to learn how to support individuals with autism

trianglerunwalkforautism.org - 5
Donation FAQs

What is the difference between making a general donation to the team and donating to an individual on a team?
When a donor gives to the team rather than a specific team member, the donation will show up on the team page scrollbar, not your personal page. All money donated to individuals on your team and to your team in general will be reflected in your team donation count.

Can friends and family make a donation to a participant by going through the main website?
Yes. On the home page of the website, friends and family can locate a participant by clicking on “Search Participant.” They can type in a name to be directed to that person’s personal fundraising page.

How can I see who has donated to me?
Login on the site by entering the username and password that you received when you registered. You can then view your donor list and amounts.

Some of my donors are not showing up on my scroll. Why?
As your donors make a contribution, they have the option of choosing whether they want to appear in the recognition scroll.

Are donations tax-deductible?
The Autism Society of North Carolina is a tax-exempt organization under IRS Federal Section 501(c)3. Donations made to the Run/Walk for Autism are tax-deductible. Donors should consult their tax advisors to determine the full value of their donation. Registration fees are not tax-deductible.

Important Dates

Tuesday, September 26
T-shirt deadline
Register by this date to guarantee your T-shirt size. Extra shirts will be ordered, but this is the only way to guarantee your size.

Monday, October 8
Online registration ends
After 8 a.m. on this date, you must register in person at packet pickup or the day of the Run/Walk.

October 9, 4-7 pm, & October 10, 9am-4pm
Packet pickup and on-site registration@ASNC office, 5121 Kingdom Way #100, Raleigh

Team captains, or a representative, are strongly encouraged to pick up the entire team box during this time. All team members’ T-shirts, bib numbers, and safety pins will be packaged together. Each bib will be labeled with a name and T-shirt size. We ask that one person pick up for the entire team.
Race Day

Packet pickup and on-site registration: 7-9 am
Plan to arrive 30 min. prior to start of your race:
5K competitive run: 9 am start
5K noncompetitive run: 9:20 am start
1-mile fun run/walk: 9:40 am start

Teams that did not pick up packets should arrive in time to park, have one person pick up packets, and distribute them to all team members. If you have any runners in the 5K competitive race, they will need a bib number to record their race time. If your team has already picked up packets, you do not need to check in on race day. Those who still want to register can do so at the registration tent; the registration form has a place for them to designate that they are part of your team.

Parking

Parking is available in parking decks around Halifax Mall; see the map online for reference. Please remind team members to arrive in plenty of time to park as many roads in the area will be closed for the Run/Walk.

Course

The 5K competitive, 5K noncompetitive, and 1-mile fun run/walk will each begin at Wilmington and North streets and finish at the corner of Polk and Wilmington streets. Two water stations will be set up on the course at Courtland Drive and at the intersection of North and Person streets.

The kids’ dash will begin at about 10:30 at the intersection of Blount and Polk streets. The kids’ play area is located on Halifax Mall and will feature an inflatable castle and face-painting.

The hospitality tent on Halifax Mall will offer bagels and cream cheese, fruit, coffee, and water for participants.
Thank you for supporting the Autism Society of North Carolina. We appreciate your time and commitment to being a team captain and look forward to working with you to make this the most successful Run/Walk to date!

Team Captain Checklist:

- **Name your team.** Be creative and make sure you tell all your friends your team name so they can join you on race day.
- **Tell your personal story on the website.** Remember to include why this event is important to you.
- **Add a photo** to your team page.
- **Set a goal for the number of teammates** you hope to recruit.
- **Set a goal for the amount of money** your team hopes to raise.
- **Share the link** to your personal page with everyone you know to reach your fundraising goal.
- **Recruit team members;** don’t forget the power of social media!
- Go to the ASNC Facebook page to join the Run/Walk for Autism event you will be attending. **Invite people** to join you.
- Ask teammates to **recruit** people they know for the team, too.
- Remind teammates to **share the link** to their fundraising pages with family, friends, and associates.
- **Set up additional fundraising opportunities for your team.** This helps meet your donations goal and brings your team together for support and fun!
- **Communicate** with your team members regularly about progress toward goals and steps they should be taking.
- Some teams **design personal T-shirts.** It is fun to see all the creativity on race day with individualized shirts!
- Pick up your team packet at **packet pickup** the day before the Run/Walk.
- **Plan a meeting place** for your team on race day. Be sure to share parking information with team members.
- **Thank your team members** and donors after the race.

Thank you for supporting the Autism Society of North Carolina. We appreciate your time and commitment to being a team captain and look forward to working with you to make this the most successful Run/Walk to date!