



## Alaska Run for Women - Ten Team Tips

Here are some tips to make race day more enjoyable for you and your team.  
Happy planning!

- 1. Team Name:** Save frustration and time – be sure that everyone knows your team name. Spelling and extra words (such as ‘the’) can create duplicate teams.
  - a. [Download the Team Poster](#)** and fill in your information. Post it around the office and email it to your prospective team members.
  - b.** Remind them of the team awards and the chance for all participants to win a trip to Maui.
- 2. Team Unity:** Have fun deciding as a team what you will wear to set yourselves apart from the crowd. Tutus, tights, wigs, crazy t-shirts...it’s all fair game. When you create your team answer the question about your team on the online form. You can go back anytime and update the information about your team. This will increase team spirit and help us recognize you at the finish line!
- 3. Think Green & Save Time - Carpool:** over 5,000 women participate. That’s A LOT of women! Take a few minutes to organize a carpool. Meet off-site, check to make sure your team is all together & in uniform (or costume...depending) and get down there together.
- 4. Establish A Pre & Post-Race Meeting Location:** over 5,000 women participate. Be sure you all know where to meet up. Nobody wants to be alone...or frustrated looking for their friends.
- 5. Cell Phone Numbers:** Just in case someone gets separated, be sure everyone has a number to call.
- 6.** Need something for your husband, son, boyfriend, brother, boss, or any male in your life) to do that morning? **WE NEED VOLUNTEERS!** [SIGN UP TO VOLUNTEER NOW](#)
- 7. Remember the Day!** Don’t forget to get pictures of your team on the day of the race. Post your best shots on the Alaska Run for Women Facebook pages, Instagram and Twitter accounts.
- 8. Plan On Extra Time:** There will be heavy traffic on the way to and from the event and we encourage you to allow extra time to find parking. Consider using the complimentary shuttles or plan on having someone drop you off and pick you up. Regardless, allow extra time to get to the event; there are many great activities to partake in before the start from yoga, Kaladi coffee, and donor and grant tents on the infield.
- 9. Race Booklet:** Take a few minutes to read through. You’ll learn a lot and find some great coupons!
- 10. Support Our Donors:** Enjoy a post-race shopping day and visit some of our sponsors. Thank them for supporting the Alaska Run for Women!