



## Alaska Run for Women Team Tips

Thank you for leading a team in the 2020 AKRFW. 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. Email it to your prospective team members, or if you are back to working in your offices post it for others to see.
  - b. Remind them of the team awards** for largest team and most money raised.
  - c. Remind them of the registration incentives**
    - The first 350 people who register and donate a minimum of \$25 will receive a free pink fandana (some people call them buffs) imprinted with the 2020 logo. Additional fandanas can be purchased in our online store!
    - Everybody who registers will be entered in a drawing to win one of these fantastic prizes: a trip for two to Maui on Alaska Airlines with a 3-night stay at Ho’oilo House B&B (there are 2 of these prizes!!) or a Gold Family Membership to The Alaska Club.
- 2. Expand Your Team:** Invite friends and family from across the country to join your team, the more women the merrier!
- 3. Increase Your Team’s Fundraising:** Invite friends, family or others in your network to make an [online donation to your team](#). They can make a tax-deductible donation, select your team name and the donation will go to your team’s fundraising total.
- 4. Team Spirit:** Have fun deciding as a team what you will wear to create your own team styles. You can still have fun and show your team spirit even without running/walking together. Wear coordinating t-shirts, crazy hats, tutus or a feather boa...it’s all fair game. Show your team style and share it on social media with #AKRFW1in8 and #AKRFW2020
- 5. Proudly Show You are Participating in the Virtual Event:** All registrations come with a downloadable bib and backtag that can be worn on the day a registrant participates. This is one more way to show your support of the Alaska Run for Women and those that you are running/walking in support or memory of.
- 6. Do Your Part to Keep our Communities Safe:** All participants must follow local and state mandates in place at the time of the run (i.e. shelter in place orders, social distancing, face covering requirements, etc). While you may not be able to run together physically, we encourage teams to focus on fundraising and supporting each other while running/walking their individual event or participating with your household only.
- 7. Remember the Day!** Watch for more details on how to engage with this year’s virtual run as we countdown to the opening of online registration and also leading up to the start of the event on June 20<sup>th</sup>. Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) and watch your email inbox for updates leading up to and during the event
- 8. Race Booklet:** The 2020 virtual race booklet along with the information at [www.akrfw.org](http://www.akrfw.org) will be your one-stop shop for your race. You’ll learn a lot and find some great coupons from our event donors!
- 9. Support Our Donors:** Enjoy a post-race shopping and visit some of our sponsors. Thank them for supporting the Alaska Run for Women!

Questions: Contact Kristin Folmar, Race Committee Teams Chairperson, at [teams@akrfw.org](mailto:teams@akrfw.org) or visit <https://www.akrfw.org/register/teams>.