Alaska Run for Women Team Tips
Thank you for leading a team in the 2023 AKRFW. Happy planning!

1. **Team Name:** Save frustration and time – be su
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. Download the social media graphics (**Facebook header**, **Facebook post image**)
   c. Remind them of the team awards for largest team and most money raised in your team category.

2. **Expand Your Team:** Your team can consist of in person and virtual participants. Invite friends and family from across the country to join your team, the more women the merrier!

3. **Check out the Leaderboard:** New this year! You can see how your team ranks to others in your team category for number of team members and amount of money raised with our **interactive team leaderboard.**

4. **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.

5. **Team Spirit:** Have fun deciding as a team what you will wear to create your own team styles. Wear coordinating t-shirts, crazy hats, tutus or a feather boa…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! Show your team style and share it on social media #AKRFW2023.

6. **Proudly Show You are Participating in the 2023 AKRFW:** 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.

7. **We Need Volunteers!** Need something for your husband, son, boyfriend, brother, boss, or any male in your life) to do that morning? **Sign up to volunteer**.

8. **Remember the dates of the event!** Watch for more details on how to engage with this year's run as we countdown to the opening of online registration and also leading up to the virtual and in-person events. Follow us on **Facebook**, **Instagram**, and **Twitter** and watch your email inbox for updates leading up to and during the event.

9. **Think Green & Save Time - Carpool:** 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.

10. **Establish A Pre- & Post-Race Meeting Location:** Be sure you all know where to meet up. Nobody wants to be alone…or frustrated looking for their friends.

11. **Race Booklet:** The 2023 race booklet (available late May) along with the information at **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!

12. **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** or visit **https://www.akrfw.org/register/teams**.