

# ALS WALK FOR LIFE

Walk for Hope. Walk for Help. Walk for Life.

LES  
TURNER  
ALS  
FOUNDATION

ALS  
WALK  
FOR  
LIFE

Saturday, September 29, 2018  
Soldier Field, Chicago

## Captain Corner Email Series

### Team Recruitment & Camaraderie



As the sun begins to set earlier each day and with the start of school just around the corner for many, people are looking ahead and firming up their plans for this Fall. Make sure that the Walk is on their calendar!

Now is a great time to send out another round of emails and social media posts reminding your team of the date and event details. Are you planning on creating a team shirt? Get your team engaged by including them in the process and asking for input on the design and color. [Take a look at some other tips we recommend to help build your team camaraderie as you gear up for the Walk>>](#)

Edition 3

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### Useful Tools

[ALSWalkforLife.org](#)

[ALS Walk for Life Facebook Event](#)

[Team Captain Packet](#)

[Participant Center User Guide](#)

[Previous Coaching Emails](#)

### Fundraising Report

Days Left to Fundraise:  
47

My Fundraising Goal:

Dollars Raised:

Dollars to Raise:

### Take it from the Team Chair: Team Spirit



Part of building your team spirit is making sure your team stays connected before the Walk. The Rhode to a Cure team captain Melissa recommends, "whenever I want to share a message about the Walk, I always take the time to personalize my social media post or email."

Melissa is harnessing her Participant Center, social media and team gear to share her family's story to unite her team, encourage others to join and build momentum before the big day. [Read through more of Melissa's recommendations to rally your team>>](#)

### Complimentary Refreshments & Catered Lunches



You've been working hard to coordinate your team. Thanks to all your hard work, you'll spend the day surrounded by your friends and family. Take the opportunity to enjoy your time by catching up over lunch.

Complimentary refreshments will be available throughout the event and packaged hot dog lunches are available after the Walk for a suggested \$5 donation. You're also welcome to bring a picnic or preorder a catered lunch. Take advantage of our on-site Walk vendors, Corner Bakery and Lee n' Eddies. Peruse their menu and place your order:

- [Corner Bakery](#): Contact Shirval Moore at [shirval.moore@cornerbakery.com](mailto:shirval.moore@cornerbakery.com) or call 312 236 2400
- [Lee n' Eddies](#): Call the main office at 630 350 3500