

HTML



Tuesday, July 11, 2017
Guaranteed Rate Field | Chicago
StrikeOutALS5k.org



Strike Out ALS 5k and 1 Mile Coaching Email Series

Edition I

Welcome Captains and Participants!



Welcome to the 2017 Strike Out ALS 5k and 1 Mile Run, Walk & Roll. Leading up to the race, you can expect to receive weekly coaching emails that

provide event information, helpful tips and fundraising ideas. We encourage you to visit StrikeOutALS5k.org and 'Like' us on [Facebook](#) to receive up-to-date information about the event. For additional details, be sure to read the [Team Captain Packet](#) and [Participant Packet](#).

Donate Now >

Register >

Fundraising Goal

Dollars Raised

Dollars Left to Raise

Share Why You Run, Walk or Roll

Whether you are inviting your friends and family to attend the event or requesting donations to support your fundraising efforts, it is important to let others know why you will be running, walking or rolling towards a cure. An easy and effective place to start is your fundraising page. Personalized, compelling pages attract and engage



supporters. When visitors see a photo or read memories about how you are connected to ALS, they are more likely to register for the event or donate. For instructions, read through our comprehensive

[Participant Center User Guide here >>](#)

Participant Spotlight



To provide inspiration and guidance, each week, we will highlight a participant or team that has successfully taken steps towards promoting Strike Out, recruiting teammates or meeting their fundraising goal. This week, we want to recognize Team DeWolfe for updating their team fundraising

page. The Harwood Family, along with family and friends, will be running in memory of their beloved father and husband, Mike DeWolfe. [To learn more, visit Team DeWolfe's fundraising page here. >>](#)

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