



12th Annual 5K/10K Walk & Roll
Sunday, August 30, 2009
Griffith Park, Los Angeles

TEAM MEMBER INFO

Here's the basic information to participate as a Team Member for the Walk & Roll:

1. Register to participate online at www.shanesinspiration.org. There is NO registration fee.
2. Create your own personal fundraising page at www.giftberry.org/shanesinspiration or through your Team Captain's personal giving page link. Once you create your own giving page, email your personal link to everyone on your email list. It's easy to set up and a fun way to solicit donors to sponsor you, especially those who don't live close to you.
3. Sign up sponsors on the Sponsor Form, collect donations, and bring with you on August 30th to the Team Registration Tables. Set a personal goal to raise at least \$250.
4. Team Registration begins at 7:00am at Shane's Inspiration Playground, in Griffith Park. Parking is in Merry-Go-Round Lot #3. Free event T-shirts will be given to each participant when you arrive.
5. Get your Team Photo taken between 7:00-8:15am.
6. Enjoy some refreshments, check out the Resource Fair, and participate in our free raffle.
7. Opening Ceremony & Warm Up is from 8:15am-9:00am. The Walk & Roll begins at 9:00am sharp. Goodie Bags will be handed out to the children at the finish line.
8. Kids will want to stay after the Walk & Roll to play on playground!

TEAM TIPS:

1. Wear comfortable walking/running shoes.
2. Allow for enough time to get to the site, park, meet as a group, get team photo, and check out the resource fair.
3. Ask everyone on your team to wear similar colored shirts. This way you can easily identify each other. Or plan to wear your event t-shirt.
4. Designate a meeting spot. As team members want to do different activities, you might consider a meeting time and place to start the walk, and a place to meet after the walk, in case you get split up.
5. Dress in layers. It gets warmer as the day progresses!
6. Bring sunscreen and hats.
7. Drink plenty of water. Although there will be refreshments at the site, make sure you are taking care of your own, specific needs.
8. HAVE FUN!

For more information, call Director of Community Outreach & Special Events,
Marcy Moran, at (818) 988-5676 x105 or marci@shanesinspiration.org.

Thanks for bringing the magic of play to children of all abilities!