

IT'S MORE THAN A 5K...IT'S A CELEBRATION OF LIFE

NJ Sharing Network 5K

saving lives through organ and tissue donation

Checklist for Success



SET UP YOUR TEAM & PERSONAL FUNDRAISING PAGE

Once you have signed up, set up your team and personal fundraising page. Personalize your page by adding photos, videos, quotes and your personal journey. If you haven't already, be sure to send a copy of your team story to 5K@njsharingnetwork.org so we can display it on our story walls at the 5K!



REACH OUT & ASK FOR SUPPORT

Come up with a list of everyone in your personal network - family and friends, co-workers, etc. Decide on who you want to ask to join your team and who you want to ask for contributions. Explain why you're seeking support but remember to be brief and informative.



GET SOCIAL

Social media is perfect for fundraising and building your team. Post status updates about the 5K with a link to your personal fundraising page, or create a Facebook group for your team to communicate with each other. Post photos from last year's events on Instagram for all to see and keep a link to the 5K website in your bio!



UTILIZE TEAM CAPTAIN CENTRAL

Check out the Team Captain section of the 5K website. View important dates, download fundraising tools and customizable materials to help you promote your team. Email 5K@njsharingnetwork.org to request materials such as green bracelets, posters or flyers!



HOST A FUNDRAISING & AWARENESS EVENT

Many team captains coordinate fundraising and awareness events to benefit their 5K team. Examples include Facebook Fundraising, anniversary celebrations, sporting events, concerts, jewelry sales events, the possibilities are endless! We will assist you when possible by providing materials and volunteer speakers, promoting on our social media pages and answering any questions you may have. Visit www.NJSharingNetwork.org/Host-An-Event for more information.



STAND OUT! DESIGN A TEAM T-SHIRT

Proudly and creatively display your team name on a team t-shirt and ask your team members to wear it on event day. Be creative with colors, pictures and messages. On event day, bring an extra t-shirt with you and hang it on our Team T-Shirt Clothesline!



SHOW YOUR TEAM SPIRIT

Create a team sign or banner for team gatherings and event day. Post your selfies, photos and videos of your team on our Facebook, Twitter and Instagram pages. Use [#NJSN5K](https://twitter.com/NJSN5K) and [#CelebrateLife](https://twitter.com/CelebrateLife) to show your support! You can also email your photos to socialmedia@NJSharingNetwork.org and we'll post them for you.



GET READY FOR EVENT DAY

Join us for our 5K Team Captain and Volunteer Webinars held prior to event day, which provides important information and the opportunity to ask questions! Be sure to visit us for Early T-Shirt/Bib Pick Up to get your t-shirts and walk/race bibs ahead of time. Visit www.NJSharingNetwork.org/5K/TeamCaptains for more information.

Questions? We are here to help! 908-514-1761 | 5K@njsharingnetwork.org