



How To Be A Successful Team Captain

- 1. Register online at www.albuquerqueheartwalk.org**
 - Follow step by step instructions below.
 - We strongly encourage all Heart Walk participants to make a personal gift! Why? The best way to jump start your personal AND team fundraising is with your personal gift!
- 2. Set a goal for your team of **\$1,000 or higher.****
- 3. Recruit **10** fundraising walkers.**

Help walkers register online and encourage all walkers to make a personal donation upon registration.
- 4. Challenge each walker on your team to raise **\$100.****
- 5. Lead by example with your personal fundraising.**
 - Set your personal fundraising goal.
 - Personalize your Webpage – With a picture or video to share you reason for participating.
 - Ask for donations - Utilize tools in your Heart Walk HQ page to raise money online!
- 6. Identify one Top Walker on your team.** Someone with a goal of \$1,000 or higher. This can even be you!
- 7. Encourage your walkers along the way and have fun achieving your goals.**

Team Captain Registration Instructions

Go to www.albuquerqueheartwalk.org, click **Register Here** & follow steps below.

- 1. Choose Your Role** – Select *Start A Team* & follow prompts to choose your company, team name & goals.
- 2. Create Your Login** – Follow prompts for Returning Participants and New Participants.
- 3. Complete Your Profile** – Add your Contact Information necessary for key communications and prizes.
- 4. Share Why You Walk** – What inspires you to live a heart healthy life and participate in the American Heart Association's Heart Walk? Share your inspiration with others!
- 5. Make A Personal Gift** – The best way to jump start your fundraising efforts is through a personal gift!
- 6. Set Your Personal Fundraising Goal** – Check out the Prize Program when setting your goal.
- 7. Finish Your Registration** – You will be taken to your personal HQ for Heart Walk. Use your HQ to implement your personal fundraising campaign and manage your overall team fundraising.

Questions

Contact Name: Savanna Bridgwater

Contact Email Address: Savanna.Bridgwater@heart.org

Phone Number: 505-485-1332