

TEAM CAPTAIN GUIDE

UPTOWN 5K ON THE RUNWAY

WHERE COMPASSION TAKES FLIGHT

SATURDAY, APRIL 13, 2019

8 AM

Trustbridge Hospice Foundation is partnering with The Fort Lauderdale Executive Airport (FXE) to host a 5K on the airport's runway, and for the first time in FXE's history, people, not planes, will take off from the runway during this inaugural run/walk event!

This unique and inspiring event invites the entire community to celebrate aviation, Uptown Fort Lauderdale and raise crucial funds for local families in their greatest time of need.

Benefiting:

Hosted by:



Thank you to our gold sponsor



BE PART OF THIS HISTORIC EVENT IN 4 EASY STEPS

1. Book Your Flight: Register and create a team page

How do I register? Register your team at www.tbfdn.org/Uptown5KFTL or text UPTOWN to 71777 and create a company/organization team, family/friends team or a team in honor of a loved one. You will automatically become the team captain of your team and can invite others to join your team.

Do I have to personalize my page? No, you do not have to personalize your page but adding photos and updating your personal story will help you fundraise.

Do I have to register in order to walk/run? Yes, we need every walker/runner to sign a standard waiver through the registration process.

Is there a registration fee to attend? No, however we do ask every walker/runner consider raising a minimum of \$50 to support the programs of Trustbridge Hospice Foundation.

2. Group Reservations: Recruit others to join your team or join an existing team

How do I build my team? Invite friends, family and coworkers to join your team by sharing your team page link.

How many people should be on my team? There is no minimum or maximum.

Can I form the team in honor or memory of someone? Yes, we encourage you to do so and walk/run alongside others.

How do I join a team that already exists? When you register, you will be given an option to create your page, create a team or join an existing team.

3. Prepare for Takeoff: Fundraise and Help Compassion Take Flight

How do I set my goal and my team's goal? There is no amount too high or too low, - every donation is tremendously appreciated. Set a personal goal and a team goal. Depending on how many teammates you have, consider setting a minimum team goal of \$1,000.

Any tips to reach your goal? Make a donation to your page to help your campaign take off.

Online Fundraising tips: Share your personal story. Reach out to your family/friends/network different days and different times of the day. Use social media, email and texting to share why you are walking/running. Keep your network updated on your progress.

Other Fundraising ideas: **Use the text to donate feature**, matching gifts, company jeans day, host a happy hour, birthday donations in lieu of gifts, bake sales, garage sales and more!

How/where do I turn in cash and check donations? If you collect cash and check donations toward your fundraising efforts, you can contact Brittney Farwell at 954.315.6789 or bfarwell@tbfdn.org.

Are there any fundraising prizes? YES, every registered participant who fundraises a minimum of \$50, will receive an official T-shirt. Every participant that raises \$1,000, by walk day, will receive 2 passes to our Sky Club VIP Tent.

4. Boarding and Take Off: Walk/Run the Runway

Are we really walking the runway? Yes, join us for this unique opportunity to walk/run on an airport runway, alongside planes and hundreds of community members and corporate teams.

Parking? Parking is free.

Food/Beverages? There will be complimentary snacks and beverages.

Family Friendly? Yes, there will be plenty of activities for all in the 5K Urban Village after the walk/run.

Compassion Takes Flight? The 5K event supports FXE's dedication to its neighbors, tenants, and employees by raising awareness for Trustbridge's commitment to providing extraordinary care for everyone in our community, including those without insurance coverage or the ability to pay.

This event celebrates aviation, Uptown, and brings the community together to show compassion towards our neighbors.

Where does the money go? All proceeds from the event benefit Trustbridge Hospice Foundation to help fund programs and services Trustbridge offers, including comfort care, charitable care, music therapy, pet therapy, adult and children's bereavement services, and children's camps.

8,070

MUSIC THERAPY VISITS

WITH YOUR SUPPORT, EACH YEAR
TRUSTBRIDGE PROVIDES

621

CHILDREN'S COUNSELING SESSIONS

684

PET THERAPY VISITS

2,692

ADULT COUNSELING SESSIONS

For more information or to contact:

Trustbridge Hospice Foundation

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www.tbfdn.org/Uptown5KFTL

