



2007 Susan G. Komen Central Florida
Race for the Cure®

SEPTEMBER 9, 2007

**TEAM CAPTAIN
PACKET**



Dear Team Captain,

Thank you for volunteering your valuable time to participate in the 2007 **Susan G. Komen Central Florida Race for the Cure®**! We are excited to have you and your team joining the cause.

One in eight Women will be diagnosed with breast cancer in their lifetime. Each diagnosis affects everyone in that person's life – family, co-workers and neighbors. Your participation in the race will help us honor those touched by the disease and help us to celebrate breast cancer survivors.

We look forward to seeing you on Sunday, September 9, 2007 at **Disney's Wide World of Sports® Complex**. Your team will unite with an enthusiastic group of more than 5,000 other participants for the 11th annual race to help eradicate breast cancer as a life-threatening disease.

This Team Captain's Kit has everything you need to organize your team, including:

- The 1,2,3's for Team Registration
- Susan G. Komen Race for the Cure Facts
- Race Day Schedule
- Documents you will need:
 - Sample Recruitment Letter
 - Disney Waiver

New for the 2007 Komen Central Florida Race for the Cure

- **Look – Check out our new logo! In the launch for the new brand for Susan G. Komen for the Cure®, we're also launching a new look for the Race for the Cure. The new icon includes a ribbon runner, and reflects our movement forward in the race to find a cure for breast cancer.**
- Online Registration – All teams are encouraged to register online at www.komencentralflorida.org. Online registration will streamline the process for the team captain and team members, and will eliminate paperwork. **Online team applications must be submitted by August 25, 2007.**
- Location – We are excited to announce a new location this year at **Disney's Wide World of Sports® Complex**. This year's layout will be slightly different, with a more defined start area and more energized finish line. We are set in a beautiful grassy area vs. parking lot from last year. Additionally, this year our Race will be on a Sunday morning.
- Sleep In for the Cure®- For those who would like to support the Race, but will be unable to attend, register for Sleep In for the Cure®, and receive a **Susan G. Komen Central Florida Race for the Cure®** t-shirt, which will be mailed to you. Registration for the Sleep In for the Cure® is \$30.
- Survivor Recognition Ceremony – All survivors and co-survivors are invited to join in the Survivor Recognition Ceremony following the Race at 9:15 a.m. This year's ceremony will be a true tribute to survivors and a celebration of life.

Additional race information can be found online at www.komencentralflorida.org. Please call us at 386-676-2321 or email KomenCentralFL@aol.com with any questions.

Thank you for your interest in organizing a team. All team captains will be honored at the Survivor Ceremony and each of you will have your name in a drawing for a Pink i-Pod. We look forward to meeting each of you.

Together we will win the race to find a cure for breast cancer!

Best,

The 2007 Team Committee

Susan G. Komen Central Florida Race for the Cure®

Inside this Packet you will find:

- The 1,2,3's for the Team Registration
- Susan G. Komen Race for the Cure® Facts
 - Documents you will need:
Sample Recruitment Letter
Disney Waiver (one for each Team member)
- Race Day Schedule

If you need assistance
Please Contact:

Email: KomenCentralFL@aol.com

Central Florida Affiliate of Susan G. Komen
10524 Moss Park Road
Suite 204-402
Orlando, FL 32832

Phone: (386)676-2321

2007 Komen Central Florida Race for the Cure® Facts

Susan G. Komen Central Florida Race for the Cure®

Early Packet Pick-Up:

Saturday, September 8, 2007

Race Date:

Sunday, September 9, 2007

Race Location:

Disney's Wide World of Sports® Complex

Team Entry Fee:

\$30 for Adult – Competitive 5K Chip Time Fun or Sleep In for the Cure®

\$25 for Adult – 5K Fun Walk/Run, 1 Mile or Proud in the Crowd®

\$15 for Kiddie Dash

Tentative Schedule:

6:30 a.m. Registration/Package Pick-up

7:15 a.m. Welcome

7:45 a.m. 1 Mile Fun Run/Walk

8:00 a.m. Competitive 5K Chip Race

8:05 a.m. 5K Fun Run/Walk

9:00 a.m. Kiddie Dash

9:15 a.m. Survivor Celebration and Awards Ceremony

All participants must have their vehicles parked inside the Complex by 7:45 AM on race day. Victory road (the entrance to the Complex) will be closed to all automotive traffic at 7:45 AM and will not reopen until 8:30.

****IMPORTANT NOTE****

As Team Captain, in order for you to pick up the team packet for everyone on Saturday, September 8th, you will need to have a Disney Waiver signed for each of your participants or you will not be able to pick up their packet.

The 1,2,3's for Team Registration

Go to our website at www.komencentralflorida.org

1. In the center of the homepage screen, click on "Click here to register online."
2. Next click either "Form a Team" or "Join an Existing Team"
 - a. If selecting "Form a Team", follow input prompts to enter team name and captain. Establish your team name. (It is best to avoid starting your team with "the" or "team". Team members cannot register until there is an active team name established online.)
 - b. If "Joining an Existing Team" go to Step #8.
3. Select participation type, for yourself as Team captain.
4. Next, provide contact info and create user name and password.
5. Read Legal Notice and agree to waiver.
6. Selection of payment type.
7. Verify and process application by clicking on "complete registration."

After verification you may:

- Create/Edit your own person Race Center page.
- Send emails to friends and team members
- Monitor progress.

8. "Joining an Existing Team"
 - a. You may browse the "Team List Page." You can find your team by typing full or partial part of the name.
 - b. Click on appropriate team. Then refer back to step 3 thru 7 to finalize your registration.

Make sure all team members have the correct Team and Captain name.

A Team consists of at least 6 members. Any combination of adults, kids, non-timed, timed, Proud in the Crowd® or Sleep In for the Cure® participants of any business, school, church, organization, neighborhood, family or group of friends can organize a team.

Recruit and Sign-up Team Members

Once you have created your team name online, begin registering team members.

You may register all team members online, some members online and some by mail, or all team members by mail.

Please help us by encouraging all of your team members to register online.

You can save time when your team members register online because you do not have to fill out a Team Roster, collect money, or gather t-shirt information.

In addition, you can track your registration totals online at any time!!!

If all members of your team register online, you do not need to submit a team roster.

Online Team Registration will be closed at 5 p.m. on
Saturday, August 25, 2007

Last year we had many requests for late team registrations.
To be fair to all teams:

Additions to your team after August 25, 2007 need to register as individuals. They may still participate with your team on Race Day.

Mail in Registrations

Team members who are not able to use the online registration can use the paper registration form provided in the enclosed brochure. Simply make a copy for each team member who will NOT be using the online registration, then mail the completed forms, Team Roster, and registration fees in one envelope for your entire team to:

Susan G. Komen for the Cure
Central Florida Affiliate
10524 Moss Park Road
Suite 204-402
Orlando, FL 32832

Any mail-in registrations for your team must be submitted together with a Team Roster (not including those registered online).

**Mail-In Registrations must be postmarked by
Wednesday, August 22, 2007**

Get Ready to Race!!!!

Team Challenge Events are a great way to energize and grow your team.

TEAM COMPETITIONS & PRIZES

The 2007 RFTC Teams will be divided into the following:

Largest Corporate Team	Most Spirited
Largest Community Team	Best Shirt
Largest First Year Team	Most Donations

Largest Team winners will be based on team registrations turned in by the August 25, 2007 deadline and will be announced Race morning.

Race morning is the deadline to turn in donations you have collected.

The winner of the Most Donations Collected competition will be announced at a later date.

On Race day the one team that Stands Out the Most in the Crowd (Most Spirited) and the team with the Best Team Shirt will be chosen by judges posted near the starting line of the non-timed 5K & 1 mile walk/run.

TEAM CAPTAINS with 6 or more registered on their team will be entered in a drawing for a Pink i-POD

The WINNERS of the Largest Team, Most Spirited, and Team Shirt competitions will be announced during the program on Race morning and recognized from the stage; so, please stick around after you run or walk the Race course, and join us at the stage at 9:15 a.m. for the Survivor Celebration and Race Program. You do not have to be present to win, but wouldn't it be more fun?

“In Memory Of” and “In Celebration Of”

Another tradition at all Susan G. Komen Race for the Cure events is honoring our loved ones for their strength and courage by wearing their names on our backs. Pink signs with “In Memory Of” and “In Celebration Of” will be available the morning of the Race for you to complete. You will find them at the Survivor Tent and other designated tables at the Race site. We will also have markers and safety pins available for you.

Sleep In for the Cure®

Can't make it to this year's race? That's OK. You can still show your support by participating in Sleep In for the Cure®.

Mark Sleep In for the Cure® either online, or on the entry blank and send in your registration. Be sure to turn in your money and registration by September 6, 2007.

Please mail your entry to:
Susan G. Komen for the Cure
Central Florida Affiliate
10524 Moss Park Road
Suite 204-402
Orlando, FL 32832

All participants in the Sleep In for the Cure® will receive a t-shirt.

Suggestions for a fun Sleep In for the Cure®

- Have a slumber party with your friends.
- Make or find some fun pajama bottoms to go with your t-shirt.
- Find a pair of pink fuzzy slippers to go with your pj's and shirt.
 - Make pink goodies for your slumber party.
 - Plan games for your slumber party.

Submit your pictures for your Sleep In for the Cure® slumber party to us and we'll post it on our website.

I AM THE CURE THEY'RE WORDS TO LIVE BY.

I AM THE CURE , Say the words over and over. I AM THE CURE. Live them. Believe them. I AM THE CURE, the new rallying cry of Susan G. Komen for the Cure, empowers you with the knowledge that early detection truly makes a difference and urges you to take an active role in your own breast health.

Early detection is the key to survival. When breast cancer is discovered while still confined to the breast, the five-year survival rate is more than 95 percent. Take five minutes to learn the simple things you can do to take charge.

Share them. Help us spread this message of empowerment, and make these actions part of your life and the lives of your friends and family. Send this website to them today.

WHAT YOU NEED TO KNOW

Be Aware.

1. The greatest risk factors for breast cancer are being female and growing older.
2. Breast cancer knows no boundaries be it age, gender, socio-economic status or geographic location.
3. Breast cancer affects more than just the patient – friends and family need support too.

Take Action.

4. The key to survival is early detection.
5. Three simple steps for early detection are regular mammograms, clinical breast exams, and breast self-exams.
6. It is important to make healthy lifestyle choices.

Sample Recruitment Letter

WE'RE TEAMING UP FOR THE CURE!!

(TEAM NAME) is my team for the 2007 Susan G. Komen Central Florida Race for the Cure®.

Race day is Sunday, September 9, 2007 at *Disney's Wide World of Sports® Complex*.

Don't delay!! The deadline for entering as part of *(TEAM NAME)* is August 25, 2007, either online or by mail.

Please note that you can join the team as a phantom member through "Sleep In for the Cure®" if you are not available to participate in the Race.

Registration is really easy. You can register online at www.komencentralflorida.org until August 25, 2007. When registering online, be sure to register as a member of our team by choosing "*Joining an existing Team*" on the box on the right side of the page. You won't have to make an extra trip to pick up your Race t-shirt since they will be picked up by the Team Captain.

We will be competing in the Team Competition to have the Largest Team and the Most Donations Collected; so, ask your friends, family, or co-workers to join us as well. Take a stand against this disease! Let's make a difference!

I am available for each of you with any questions you might have. Just email me at *(email address)*, call me at *(phone number)*, or visit the web site at www.komencentralflorida.org.

Please remember, every 3 minutes 1 woman is diagnosed with breast cancer; so, each of us is likely to be affected by this horrible disease during our lifetime. Up to 75 percent of the net funds raised will stay in the Central Florida Affiliate service area to fund education, screening, treatment, and support programs.

Thanks, Register soon. We'll have a great time!
(Team Captain Name)