



2023  
*Step UP for Down Syndrome  
Annual Walk*

TEAM CAPTAIN  
Packet



May 2023

Thank you for participating in this year's Step UP Walk as a TEAM CAPTAIN!

Your leadership is what will make the difference and lead to the success of this event. Please familiarize yourself with the included information. You will find everything you need to know here.

The 2023 Step UP For Down Syndrome Walk will take place at Walter Hall Park, 807 Hwy 3 in League City on Saturday, October 28, 2023, from 9:00 am - 12:00 pm.

The Step UP Walk provides the entire community the opportunity to celebrate individuals with Down syndrome and their families. The event promotes the acceptance of all people with Down syndrome.

#### **REGISTRATION Information:**


Individual registration (all ages) - **\$20**


Individuals with Down syndrome - **FREE**

- **DEADLINE for Registration for guaranteed T-shirts is Thursday, October 5, 2023.**
- **Each team captain who raises \$100 or more** will receive a free walk sign honoring their loved one and team. You may register for extra walk signs online at [www.ghfeds.org](http://www.ghfeds.org) and attach your favorite head shot photo of your child.
- Buttons will be available to purchase online.
- **Deadline for buttons and walk sign is Thursday, October 5th.**

 **Website**  
[ghfeds.org](http://ghfeds.org)

 **Email**  
[admin@ghfeds.org](mailto:admin@ghfeds.org)

 **Phone**  
281-736-8008

 **Address**  
P.O. Box 891093  
Houston, TX 77289

**Walk WEBSITE:** <https://www.ds-stride.org/ghfedsstepup>

GHFEDS is a 501(c)(3) non-profit support organization serving Galveston, Harris and Brazoria County's and other surrounding areas.



## Online registration makes it easy!

**Walk WEBSITE:** <https://www.ds-stride.org/ghfedsstepup>

### What does the website provide?

➤ **It's easy and fun!**

Allows participants to register online as individual walkers or as members of a team.

➤ **Build your own web page!**

Participants have access to a personal page which can be customized by editing text, adding pictures and modifying layout and colors. Tell your personal story!

➤ **Send emails!**

Participants can send e-mails through the online tools section and solicit pledges (optional). People you solicit will be able to donate online to your team total.

➤ **Check your team's progress.**

Participants can view the total funds raised for the team and send thank you emails.

➤ **Online video tutorials.**

Online video tutorials help you navigate the website and set your team up for success!



## Step UP Walk FAQ's

### ***Does the registration fee apply to kids?***

Yes, this helps us cover the costs of t-shirts, entertainment, food, etc.

### ***Are my team members required to register online or can I do it for them?***

You can build your team by having participants or yourself register on the walk website. Walkers and sponsors must be in the online system to count toward your team totals and to ensure that your walkers receive their t-shirts.

### ***Do my team members need to stop at the registration table the day of the walk?***

No, the team captains will pick up team shirts prior to the walk, shirt pick up day TBA. If team captains do not pick up their team shirts prior to the walk then the team captains need to pick up their team shirts at the shirt table on day of walk. Your team is not responsible to pick up their shirts at the shirt table, shirts will only be given to the team captains. We recommend you pick a designated meeting spot at the park for your team so you can pass out shirts.

### ***When should I tell my team to get to the park?***

We advise you to tell your team to arrive at Walter Hall Park no later than 9:30 a.m. We'll start walking at 10:00 am. You will want to get your team organized and together before the Walk begins.

### ***Does the Walk happen rain or shine?***

While we never hope to have it rain on our parade, we host the Walk regardless of the weather!

### ***What should we bring with us to the Walk?***

Bring any donations you have yet to turn in, your Walk t-shirt(s) and a great attitude!

### ***How are funds raised at the Walk used?***

Proceeds fund a variety of programs and services to benefit people with Down syndrome and their families. To learn more about GHFEDS please visit [www.ghfeds.org](http://www.ghfeds.org).



**The perfect way to honor your loved one with Down syndrome:  
Create a Walk Team**

A Walk team can consist of your immediate family or 200 of your closest friends, family and neighbors.

Most teams *choose a name which honors their loved one with Down syndrome* to build team spirit.

Each person on your team is required to pay the applicable registration fees to walk.

***How do I form a Team?***

- If you are not sure who to ask to be on your team, just look around you. Invite your neighbors, family, friends, business associates, teachers, coworkers, doctor, dentist, church family, mechanic or other people you interact with on a regular basis. You will probably be pleasantly surprised by the show of support you receive!
- Contact potential teammates in person or by phone if possible. Email, letters and social media are good alternatives for those people you can't reach directly. Personalize your approach by asking them to help you support this important cause.
- Explain to them why it's important to you and how you became involved with the Step Up for Down Syndrome Walk. Encourage your teammates to spread the word and invite others to join your team or start a Walk team of their own by registering at <https://www.ds-stride.org/ghfedsstepup>
- When you have your team assembled, hold a team get together. Get everyone involved and give them advice and encouragement. You might also consider providing your team members with a photo of your honored team mate to accompany any pledge envelopes they are using. Remember that everyone on your team will have a greater awareness and appreciation for Down syndrome after attending the Step Up for Down Syndrome Walk with you!



**How to raise \$250 in only ten days!**

Day 1: Make a personal \$25 contribution.	$+\$25 = \$25$
Day 2: Ask your significant other for \$15 contribution.	$+\$15 = \$40$
Day 3: Ask your mom or dad for \$15 contribution.	$+\$15 = \$55$
Day 4: Ask a friend for \$15 contribution.	$+\$15 = \$70$
Day 5: Ask your boss for \$25 contribution.	$+\$25 = \$95$
Day 6: Ask three co-workers for \$15 contribution.	$+\$45 = \$140$
Day 7: Ask your sister or brother for a \$15 contribution.	$+\$15 = \$155$
Day 8: Ask your in-laws for a \$15 contribution.	$+\$15 = \$170$
Day 9: Ask two neighbors for \$15 contribution.	$+\$30 = \$200$
Day 10: Ask a business owner for a \$50 contribution.	$+\$50 = \$250$