

Together as one

we walk to stop Crohn's and colitis.

Gutsy Walk 2022 Team Captain Tips

Thanks for registering to be a Team Captain for the 27th annual Gutsy Walk for Crohn's and Colitis Canada. Did you know that people like you are a huge part of what makes Gutsy Walk have the impact that it does? As a Gutsy Walk Team Captain, your role is to inspire your team to have fun and connect with the cause that brings us all together – the search for cures to both Crohn's disease and ulcerative colitis.

Once you've [registered as a Team Captain](#), the next steps are to start building your team and its success. For some inspiration on some great teams, you can check out the current [Gutsy Walk Scoreboard](#) to see how the top performing teams are doing.

Now, to get your team onto that Scoreboard! We encourage all Team Captains to run their team their way and to make the Gutsy Walk experience for their team unique and personal, but we do have some tips for those looking for some guidance:

- First things first – **ask your team to personalize their individual pages**, then add a write up on your team page about what brings your team together. Why are you walking to stop Crohn's and colitis?
- Use social media to give your team a signal boost – use **#gutsywalk** and tag us at **@getgutsycanada** or **@gutsywalk** and we'll give your team a shout-out!
- **Be creative!** Tap into your team's talents. Have a team member who is known to be a good resume reviewer or can teach yoga? Ask them offer their skill to your donors and watch the buzz for your team build!
- **Celebrate wins – congratulate your teammates** as they achieve their personal fundraising goals. Thank everyone who supports your team's

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fundraising efforts and let them know how much their kindness and support means to you.

- **Remind your teammates of the great prizes they can earn** for their fundraising efforts and through contests. [Check out our contest page](#) for some fun reasons to get motivated.
- **Use t-shirts to highlight our cause.** Not only will taking part in contests help to win you prizes, but if you raise \$100 individually you will qualify for the 2022 Gutsy Walk t-shirt! We also encourage all teams to create their own custom team shirts! It's a cherished Gutsy Walk tradition.
- **HAVE FUN!** Remember, you are making a difference in the lives of people living with Crohn's disease and ulcerative colitis. Gutsy Walk is a wonderful time to spark conversations, make connections, and have a good time for a good cause. Make sure your team takes time to have fun to celebrate all that you've done together for this year's Gutsy Walk!