



team

World Vision



www.teamworldvision.org

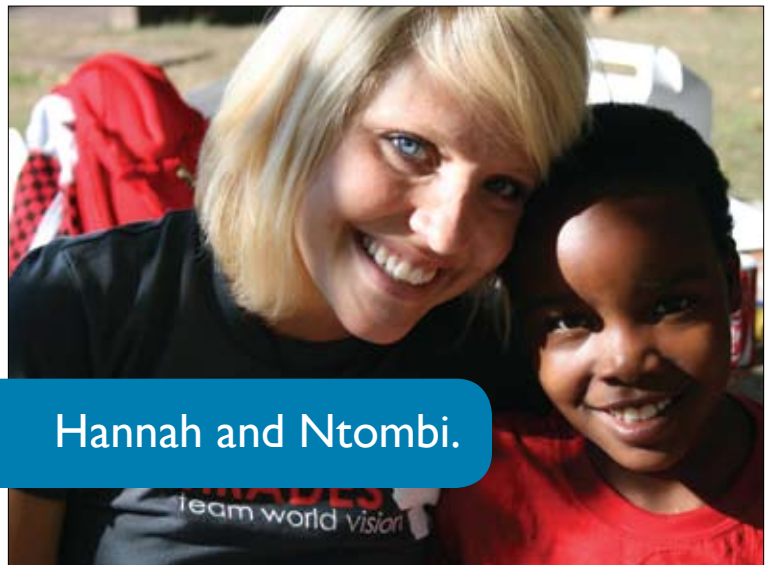
Keep this at your desk.

Meet Ntombi.

Ntombi is eight years old and lives with her family in a small two-room mud hut. Her family used to struggle daily to provide.

Hannah, a Team World Vision runner, began sponsoring Ntombi in order to help. As a result, Ntombi's family now has access to things like the community garden for nutritious food and an additional source of income. Ntombi also now has warm blankets to bear the cold nights, special after-school programs, and even a goat for nutritious milk.

Ntombi is why you run.



Hannah and Ntombi.

Keep this until you have completed each item. Then destroy it.

What to do checklist.

Check off each item as you complete it.

- Get to know www.teamworldvision.org**
We bet that any question you have is answered on there.
- Register for the race**
Be sure you've registered for your race and paid the registration fee. Joining our team does not automatically register you for the race.
- Order jersey**
Order your Team World Vision jersey from our online store.
- Visit your participant center**
Find training resources and information about your sponsorship campaign in your participant center. Log in at www.teamworldvision.org.
- Print training guide**
Print the training guide (base and official plan) on our website to keep track of your workouts.
- Invite a friend**
You'll double your impact in Africa and have more fun!
- Get fitted for shoes**
Make sure you go to a running specialty store where they watch you run. It will help prevent injury over the long-haul.
- Post these pages**
Post each page of this packet in its appropriate location. It will remind you what's important!
- Find sponsors for kids**
Start helping kids by finding people to sponsor them for \$35/month.
- Run**
Left, right, left, right...

Sponsorship changes lives.

Remember these things.

- **This is what Team World Vision is all about!**
Every time you tie up your running shoes, think of Ntombi and how you can help children like her through your efforts.
- **Sponsorship for \$35/month provides things like:**
 - Clean water
 - Nutritious food
 - Education
 - Medical care
 - Economic opportunity
- **Start early!**
You wouldn't put training off until the last minute, don't put this off either.
- **More personal = More effective**
Be bold! Ask specific people face to face to sponsor a child. They will be much more likely.
- **You're not a nag**
Don't be afraid to talk about sponsorship a lot with your friends! People may need to learn more about it or hear you mention it several times.

Contact your team captain to order child picture folders for your campaign.

How the process works

1. **Someone decides to sponsor a child**
They can choose a child from one of your picture folders, or you can assign one to them.
2. **Sponsor fills out the envelope**
There will be a cream-colored envelope in the child folder for the sponsor to fill out with their \$35/month payment.
3. **Sponsor gives envelope to you**
The sponsor may keep the child's picture and information, and then give the envelope to you.
4. **Return completed envelopes with payment to:**
World Vision
Incoming Mail, Mail Stop 210
PO Box 9716
Federal Way, WA 98063-9716

What do I do when...

- **I run low on child picture folders?**
Contact your team captain before you run out so you can stay well stocked with folders!
- **My child picture folders expire?**
Folders expire so that children do not get lost in the system and have continual opportunities to be sponsored! If your folders expire or are about to expire, contact your team captain for more.
- **Someone wants to take a folder and decide later?**
Write down the child's name and ID number so that you can follow up later. You are responsible for getting the envelope back.
- **Someone wants to donate instead?**
Remember your goal is to get children sponsored. But if someone absolutely won't sponsor, direct them to your fundraising page to donate.

Keep this on your kitchen counter.

Cool free stuff.

Changing lives

Team World Vision is all about changing lives. How does that happen? Through the effort you put in to finding sponsors for kids in Africa.

But sometimes fundraising can seem even harder than training.

We want to encourage you to hit these sponsorship goals and recognize you for your hard work when you do. This gear is not for sale anywhere!!

When you show up on race day, you can know you did everything you could to help change lives.

Orange shoelaces: 1 child sponsored



T-shirt: 3 children sponsored



Fitted hoodie: 5 children sponsored



Keep this on your fridge.

Follow this training plan.

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Jan 2 to Jan 8	3 miles Easy	2 miles Easy	Strength and Core	3 miles Hard	Rest	4 miles Long	Cross Training
2	Jan 9 to Jan 15	3 miles Easy	2 miles Easy	Strength and Core	3 miles Hard	Rest	4 miles Long	Cross Training
3	Jan 16 to Jan 22	3.5 miles Easy	2 miles Easy	Strength and Core	3.5 miles Hard	Rest	5 miles Long	Cross Training
4	Jan 23 to Jan 29	3.5 miles Easy	2 miles Easy	Strength and Core	3.5 miles Hard	Rest	5 miles Long	Cross Training
5	Jan 30 to Feb 5	4 miles Easy	2 miles Easy	Strength and Core	4 miles Hard	Rest	6 miles Long	Cross Training
6	Feb 6 to Feb 12	4 miles Easy	2 miles Easy	Strength and Core	4 miles Hard	Rest	3.1 miles 5K Test Run	Cross Training
7	Feb 13 to Feb 19	4.5 miles Easy	3 miles Easy	Strength and Core	4.5 miles Hard	Rest	7 miles Long	Cross Training
8	Feb 20 to Feb 26	4.5 miles Easy	3 miles Easy	Strength and Core	4.5 miles Hard	Rest	8 miles Long	Cross Training
9	Feb 27 to Mar 4	5 miles Easy	3 miles Easy	Strength and Core	5 miles Hard	Rest	6 miles Long	Cross Training
10	Mar 5 to Mar 11	5 miles Easy	3 miles Easy	Strength and Core	5 miles Hard	Rest	9 miles Long	Cross Training
11	Mar 12 to Mar 18	5 miles Easy	3 miles Easy	Strength and Core	5 miles Hard	Rest	10 miles Long	Cross Training
12	Mar 19 to Mar 25	4 miles Easy	3 miles Easy	Strength and Core	2 miles Easy	Rest	Race Day!	Rest

Keep this in your heart.

I care. And so I run.

