

Walk for Hope & Festival

TEAM CAPTAIN HANDBOOK



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www.walkforhope.com

Welcome, Captains!

Thank you for stepping up.
 Thank you for inspiring others.
 Thank you for making hope possible.
 Because of you, teams are forming.
 Because of you, conversations are starting.
 Because of you, critical mental illness
 research will move forward.



Mission

Our mission is to conquer mental illness by investing in groundbreaking scientific research and mental health initiatives.

Vision

Our vision is simple to state, yet grand in scope—we strive to eliminate suffering from mental illness.

Our Model



ONE
IDEA



ONE
INVESTMENT



ONE
BREAKTHROUGH



THOUSANDS
OF LIVES SAVED

\$12.1M
in grants
awarded



\$298M
in leveraged
funding

About Us

Since 1984, the Foundation of Hope has awarded over \$12.1 million in research grants, leveraging \$298 million from the NIH and other agencies, and provided \$720,000 to strengthen local mental health programs.

In 38 years, our Walk for Hope has raised millions for research into depression, PTSD, bipolar disorder, postpartum depression, schizophrenia, and more. Each year, thousands gather at the Angus Barn in Raleigh to walk in solidarity and stand together for those impacted by mental illness.

100% of walker fundraising dollars support local research at UNC-Chapel Hill's Department of Psychiatry – driving innovation, reducing stigma, and bringing hope to countless lives.

Team Captains Are Our Driving Force

Teams raise 70% of all Walk for Hope revenue each year and captains make that possible.

Your leadership inspires your team, boosts participation, and drives fundraising success.

Captains motivate their teams to walk and raise funds for our mission.

You help spread the word by sharing important dates, updates, and the impact of our work.



Team Benefits

Team Flags: Raise \$5,000+ for a custom flag or date patch for next year.

Lunch & Learn: Host a fun, informative lunch session for your team and have FOH staff participate and/or speak.

Kickoff Luncheon: Teams with 5 or more walkers that have raised \$100+ per member earn an invite to our August kickoff lunch.

Team Requirements

Team Size: To qualify for prizes and incentives, teams must have at least 5 members.

Registration: Each member must register online individually.

Fundraising: There's no minimum beyond the registration fee, but we encourage each member to raise at least \$100.

Event Details

At the Angus Barn in Raleigh
On Sunday October 11, 2026

WALK START TIME: 10:00AM

Festival: 11:00am to 2:00pm

What to Know!

NO RUN THIS YEAR. While there's no official run, runners are welcome to start at the front of the Walk.

CHOOSE YOUR WALK. 5K Walk into Umstead Park, *or* a 1-mile nature trail around the lake, *or* virtually!

START TIME. The Walk will kick off at 10:00am this year.



We strongly recommend parking by 8:30am!

Learn more about event day by visiting [walkforhope.com/events/walk-for-hope](https://www.walkforhope.com/events/walk-for-hope)

2026 Walk Registration Fees:

Children aged 5 and under are **FREE!**

Price Schedule	Through 8/24/26	Through 9/21/26	Through 10/10/26	Event Day 10/11/26
Adult	\$60	\$70	\$80	\$85
Youth 6-18 / Full-time Students	\$35	\$35	\$35	\$40
Go Above and Beyond!	\$100	\$100	\$100	\$100
Go Over the Top!	\$200	\$200	\$200	\$200

Once you're there, **NO WALLET** needed!
See what's included with your registration on the next page!

Walk Day Info



What's Included

Join thousands at the Angus Barn for a day of connection, community, and hope.

- Delicious lunch, cold beer, and beverages
- T-Shirts
- Prizes for top fundraisers
- Raffle prizes & giveaways
- Live music from the Liquid Pleasure
- Bounce houses, petting zoo, & more!

Parking & Drop-offs

Free parking at two separate locations:

1. 8051 Arco Corporate Dr.

2. RDU (Exact location TBD)

Shuttles run 7:30am-2:30pm.

Rideshare/drop-off only at 9521 Lumley Rd

For safety - absolutely no drop-offs at the Angus Barn!



Early Check-in Available!

Early check-in days will be held at the Angus Barn. It's a great way for teams to turn in their money, collect their T-shirts and armbands, and save lots of time on Sunday morning.

Thursday, October 8

12:00pm - 6:00pm

Friday, October 9

10:00am - 6:00pm

Saturday, October 10

10:00am - 6:00pm

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Get Started!



To create or claim your team, you must first register yourself!

Register online by visiting <https://event.racereach.com/walk-for-hope/register> or scanning the QR code.

**We're
Here
to Help!**

Use our new online video tutorials to:

Claim an existing team • Create a new team
Setup your fundraising page • Collect Cash & Checks
Setup a Facebook Fundraiser • And more!

walkforhope.com/tutorials

Raise Funds and Save Lives

We know it can be awkward to ask people for money. But you'd be surprised by the generosity of your friends, relatives, and, yes, total strangers!

EVEN THE SMALLEST DONATIONS CAN ADD UP TO SOMETHING BIG!

Explore our fundraising resources for creative ways to grow every dollar into lasting impact for groundbreaking mental illness research.

Fundraise "Eure" Way:

<https://walkforhope.com/how-to-help/fundraising-eure-way/>

Walk for Hope Digital Toolkit:

<https://bit.ly/4myILDE>



SELL TICKETS FOR

\$5 each | 5 for \$20 | 10 for \$30



Share our virtual raffle ticket link online or scan this QR code to help fundraise for your team's total!

A small ticket can win one of three BIG prizes:

Domestic air travel for 2 from Delta Air Lines

\$1,000 gift card from Bailey's Fine Jewelry

\$250 gift card from Second Empire



Looking for a **FUN** and **EASY** way to raise money for the Walk for Hope? Sell raffle tickets to boost your team's fundraising total and give supporters a chance to win one of three amazing prizes!

GET YOUR RAFFLE TICKETS HERE:

<https://event.sportreach.com/walk-for-hope/form/73061>



Team Flags

Teams of at least 5 people who raise **\$5,000 or more** earn a custom flag printed with the team name to carry at next year's event. For each year your team raises \$5,000 or more, you will get a patch with that year on it added to your flag!

If your team is registered and/or actively donating, your flag will be displayed at the Angus Barn on Walk Day. They can also be carried by your team on the Walk proudly, so get fundraising with your team!

This year, we're thrilled that **FIVE TEAMS** will join the ranks with a new flag:

- ▶ Jilly Jill's Justice League
- ▶ Wills Warriors
- ▶ Team Babson & Friends
- ▶ Jake Magee One Life Foundation
- ▶ Clemmons Forest Clan



\$1 MILLION FOR HOPE!

Help us reach this year's goal.

Every step counts. Every dollar matters.
Let's cross the finish line together.

Thank You For Walking With Us

Your walking transforms lives – thank you, thank you, thank you!

Together, we are making a difference by funding groundbreaking mental illness research in a time of urgency and uncertainty, when it's needed most.

If you have any questions or need assistance:

Call: 919-781-9255

Email: info@walkforhope.com

Visit: www.walkforhope.com



Don't forget to check out our online tutorials at walkforhope.com/tutorials to help with registering, fundraising, and more!

And thank you to all of our incredible sponsors!

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