



# Moon Walk 2009 Team Captain Guide: Countdown to Success!

***As a Moon Walk Team Captain, you're the vital link between your team members and "Mission Control." Follow these steps to launch your Moon Walk journey!***

- 1. Read the Frequently Asked Questions on our website.** This will help you answer any questions your team members will have and also make sure to direct them to our website for all kinds of great resources.
- 2. Help register your team.** When you're ready to start the journey, go to [moonwalk.extension.uiuc.edu](http://moonwalk.extension.uiuc.edu) click on "Register." Once you register you will be able to send invites to those who are interested in joining your team. People will receive an e-mail and then follow the link to register. The registration fee is \$5 for those thirteen and older and \$2 for kids twelve and under and includes a Moon Walk 2009 lunch bag after your team averages 100 miles walked per registered walker. A pedometer is included for the first 50 kids twelve and under to register for Moon Walk.
- 3. Get people to walk with you!** Post the Moon Walk 2009 Team Recruiting Poster where potential team members will be sure to see it. To find this poster, go to [moonwalk.extension.uiuc.edu](http://moonwalk.extension.uiuc.edu) and click on "Team Resources." Be sure to also use e-mail, inter-office mail, newsletters, bulletin boards, word of mouth, and other communication tools you have to generate interest.

Hold an informational Moon Walk 2009 meeting to share an overview of the program. It will give them a better idea of what is expected and create excitement to reach the Moon!

- 4. Attend the Moon Walk Launch Party.** Champaign County Extension is partnering with Parkland College to kick-off Moon Walk on Thursday, April 2 from 5:00 p.m. to 6:30p.m. at Parkland College Planetarium 2400 W Bradley Ave, Champaign, IL. Make sure to attend. We'll take some time with team captains to review the website, deadlines, tips to motivate Moon Walkers, and even a few surprises!

- 5. Monitor Moon Walkers progress.** Remind team members to wear their pedometers all day every day. Be sure they **register their weekly totals by Friday at Noon** to be included in that weeks community race to the Moon!

If your team reaches an average of 100 miles per registered walker, your team participants will receive the one of a kind Moon Walk 2009 lunch bag. You will receive an email congratulating your team's accomplishment along with a date when your lunch bag order is ready for pick-up. PLEASE DO NOT MAKE THE TRIP TO MISSION CONTROL BEFORE YOUR ORDER IS READY.

- 6. Keep Moon Walkers motivated and register more team members as they become interested!** Use our Team Recruiting Poster to motivate team members or be creative and come up with your own! We encourage creativity in your journey to the Moon!
- 7. Use Moon Walk Newsletter to motivate team members.** Each week you will receive a one-page newsletter with updates on the race and educational resources to encourage you and your team members to keep walking. Make sure to review it and e-mail it to your team mates.
- 8. Conclude the program—and celebrate!** Moon Walk 2009 will conclude on June 12<sup>th</sup>. There will be a community-wide celebration for all Moon Walkers. The exact date and location TBD. We hope to see you there!

**Questions? Contact Mission Control at University of Illinois Extension,  
Champaign County Unit at 333-7672 or email us at  
[moonwalk@extension.uiuc.edu](mailto:moonwalk@extension.uiuc.edu)**