2026

DREAMS COME TRUE

5K WALK RUN RÓL

& 1 MILE FUN RUN

PRESENTED BY TOTE

TEAM CAPTAIN GUIDE

SATURDAY, SEPTEMBER 19, 2026

UNF J.B. COXWELL AMPHITHEATER

2026 DREAMS COME TRUE 5K WALK RUN ROLL & 1 MILE FUN RUN PRESENTED BY TOTE

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WELCOME, FEARLESS LEADER

CONGRATULATIONS, HEROES! ASSEMBLING YOUR SUPERHERO SQUAD FOR THE DREAMS COME TRUE 5K (DCT5K) IS AN EPIC MISSION TO SUPPORT CHILDREN IN OUR COMMUNITY WHO ARE BRAVELY FACING LIFE-THREATENING MEDICAL CONDITIONS. WHETHER YOUR TEAM CONSISTS OF JUST A FEW SIDEKICKS OR AN ENTIRE LEAGUE OF HEROES, TAKE PRIDE IN THE IMPACT YOUR SUPER EFFORTS WILL MAKE. SO, DON YOUR CAPES AND MASKS TODAY, AND RALLY OTHERS TO JOIN YOUR HEROIC TEAM!



EVENT DETAILS

WHEN:
SATURDAY, SEPTEMBER 19, 2026

WHERE:
UNF J.B. COXWELL AMPHITHEATER
1 UNF DRIVE, JACKSONVILLE, FL 32224

WHY:
BRING HOPE AND JOY TO EVERY LOCAL CHILD WITH A LIFE-THREATENING MEDICAL CONDITION THROUGH THE POWER OF A DREAM AND ALL THE MOMENTS IN BETWEEN.

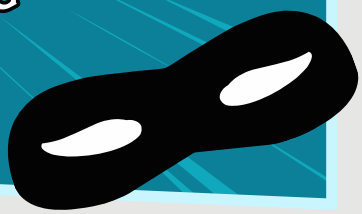


EVENT DAY SCHEDULE

7:00 - 8:00 AM	REGISTRATION
7:00 - 11:00 AM	DREAMFEST
8:00 AM START	5K WALK, RUN OR ROLL
8:10 AM START	ONE MILE DASH FOR DREAMS

TEAM CAPTIAN OVERVIEW

- ☑ REGISTER YOUR TEAM
- ☑ SET YOUR TEAM GOALS
- ☑ BEGIN FUNDRAISING



NEED HELP?

CONTACT LILI SILVA
EMAIL: LILI@DREAMSCOMETRUE.ORG
CALL: (904) 296-3030 EXT. 204

IN THE DCT UNIVERSE, 5K TEAM CAPTAINS TRANSFORM INTO FEARLESS LEADERS, GUIDING THEIR TEAMS OF FAMILY, FRIENDS, AND COLLEAGUES TO TRIUMPH. YOUR HEROIC CONTRIBUTIONS PLAY AN ESSENTIAL ROLE IN SUPPORTING THE DREAMS COME TRUE MISSION. WE TRULY VALUE THE SUPERHUMAN COMMITMENT YOU DEMONSTRATE IN FUNDRAISING, RAISING AWARENESS, AND BRINGING HOPE AND JOY TO LOCAL CHILDREN WHO ARE BATTLING LIFE-THREATENING MEDICAL CONDITIONS.

THE PATH FOR YOU AS A DCT5K SUPERHERO LEADER IS SIMPLE AND CLEAR. THIS GUIDE OFFERS STEP-BY-STEP INSTRUCTIONS FOR RECRUITMENT AND FUNDRAISING, COMPLETE WITH EXAMPLES AND USEFUL RESOURCE DOCUMENTS.



BANG

2026 DREAMS COME TRUE 5K WALK RUN ROLL & 1 MILE FUN RUN

PRESENTED BY TOTE

BOOM

TEAM CAPTAIN STARTER PACK

- ☐ **REGISTER** YOUR TEAM
- ☐ **CUSTOMIZE** YOUR TEAM PAGE
- ☐ **SET** YOUR GOALS
  - **HINT:** INCLUDE THIS ON YOUR TEAM PAGE!
- ☐ **RECRUIT** PEOPLE TO JOIN YOUR TEAM
- ☐ **LEAD** YOUR TEAM
- ☐ **FUNDRAISE** THROUGH YOUR NETWORK
- ☐ **COMPLETE** FUNDRAISING CHALLENGES
- ☐ **ATTEND** THE EVENT **WALK, RUN, OR ROLL!**
- ☐ **STAY** FOR DREAMFEST **VOLUNTEER OR JUST ENJOY!**
- ☐ **THANK** YOUR TEAM & SUPPORTERS

NEED HELP?

CONTACT LILI SILVA

EMAIL: LILI@DREAMSCOMETRUE.ORG

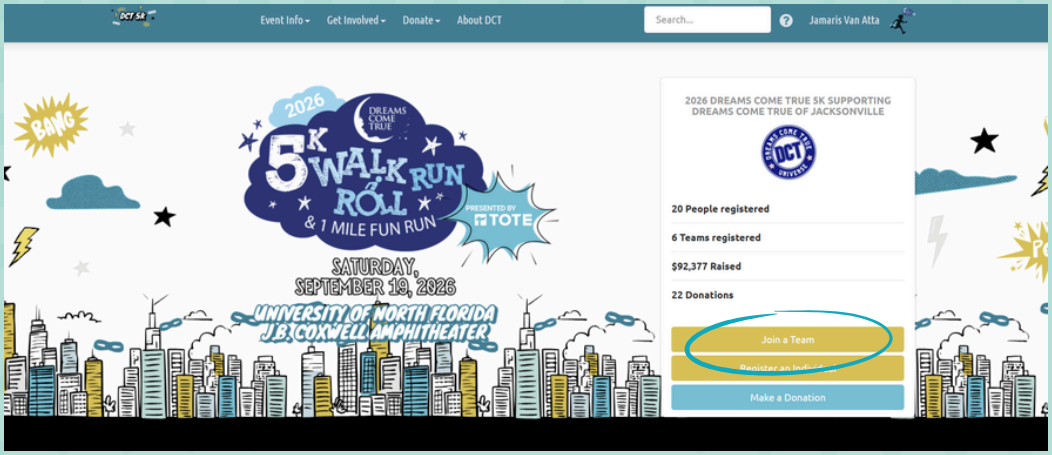
CALL: (904) 296-3930 EXT. 204



THANK YOU FOR BELIEVING IN THE POWER OF DREAMS AND THE MOMENTS IN BETWEEN!

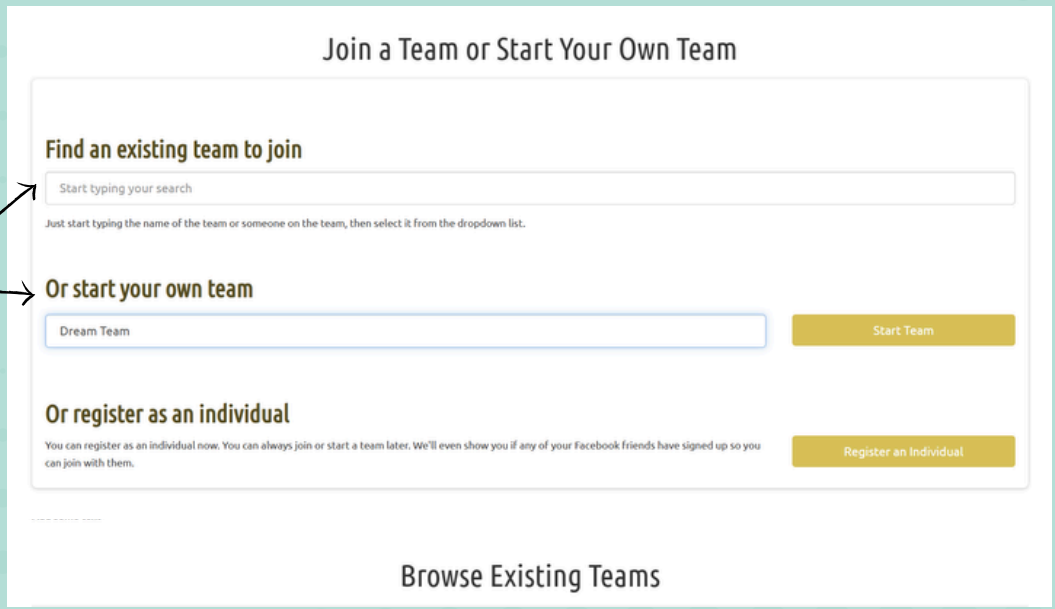
1 REGISTER YOUR TEAM

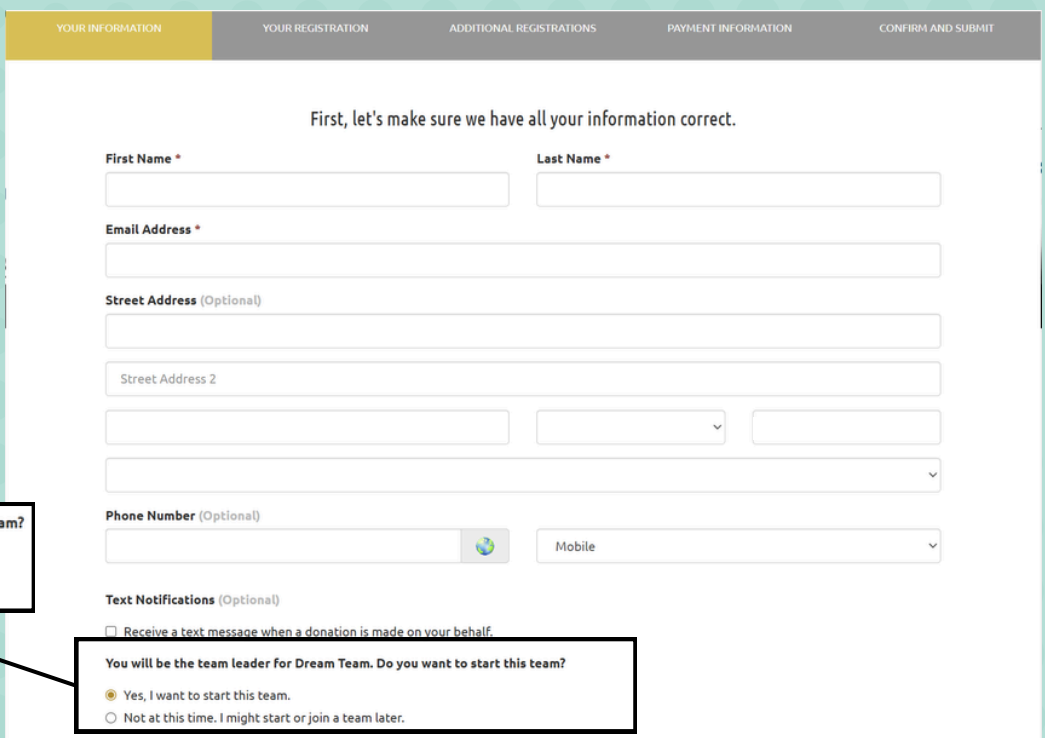
SCAN THE QR CODE TO BEGIN YOUR 5K REGISTRATION:

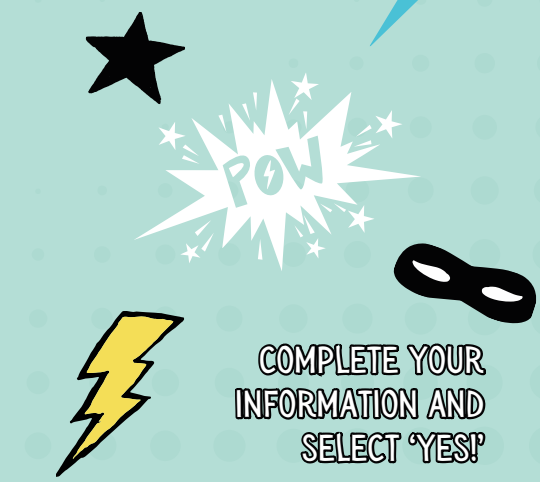




CHOOSE YOUR TEAM OPTION:







COMPLETE YOUR INFORMATION AND SELECT 'YES!'

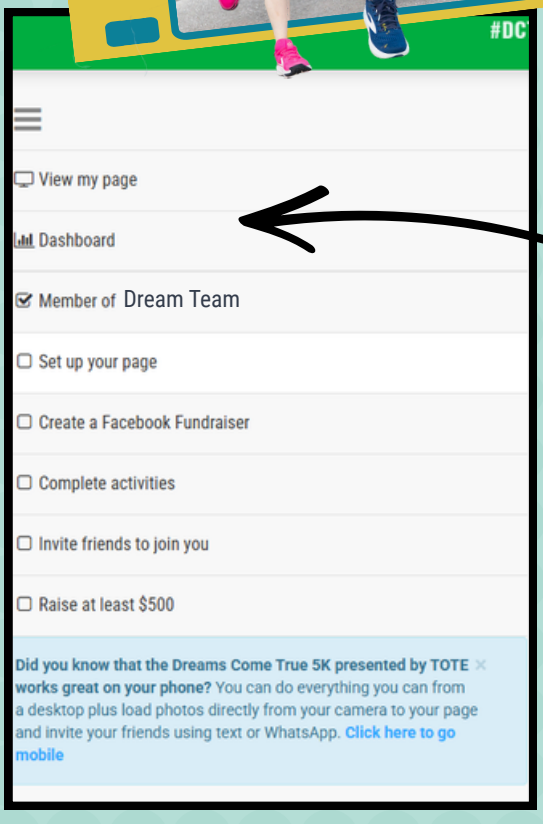
You will be the team leader for Dream Team. Do you want to start this team?
Yes, I want to start this team.
Not at this time. I might start or join a team later.

2 CUSTOMIZE YOUR TEAM PAGE

THE DREAMS COME TRUE 5K IS OUR LARGEST COMMUNITY FUNDRAISING EVEN SUPPORTING LOCAL CHILDREN BATTLING LIFE-THREATENING MEDICAL CONDITIONS. AS A TEAM CAPTAIN, THE FUNDS YOU RAISE HELP CREATE HOPE, JOY, AND UNFORGETTABLE EXPERIENCES FOR DREAMERS AND THEIR FAMILIES.

YOU'LL HAVE ACCESS TO YOUR OWN TEAM FUNDRAISING PAGE AND TEAM PORTAL TO HELP RECRUIT TEAMMATES, TRACK PROGRESS, AND SHARE YOUR IMPACT. WHILE THERE ARE PLENTY OF HELPFUL TOOLS AVAILABLE, THE PLATFORM IS SIMPLE TO USE AND EASY TO NAVIGATE.





AFTER REGISTERING, TAKE A FEW MINUTES TO:

- PERSONALIZE YOUR TEAM PAGE
- UPLOAD A TEAM PHOTO
- SHARE WHY DREAMS COME TRUE MATTERS TO YOU
- SET A FUNDRAISING GOAL
- INVITE TEAMMATES AND SUPPORTERS

YOUR TEAM PORTAL IS YOUR HUB FOR MANAGING YOUR TEAM AND ACCESSING FUNDRAISING TOOLS. START WITH THE "DASHBOARD" TAB AND WORK YOUR WAY THROUGH THE MENU OPTIONS ON THE LEFT-HAND SIDE.

SHARING YOUR PERSONAL CONNECTION AND THE IMPACT OF DONATIONS CAN INSPIRE OTHERS TO SUPPORT YOUR TEAM. EVERY CONTRIBUTION HELPS MAKE DREAMS COME TRUE.

3 SET YOUR GOALS

EVERY TEAM MEMBER PLAYS AN IMPORTANT ROLE IN HELPING MAKE DREAMS COME TRUE. SETTING A FUNDRAISING GOAL EARLY CAN HELP KEEP YOUR TEAM MOTIVATED AND FOCUSED THROUGHOUT THE CAMPAIGN.

MAKE YOUR GOAL REALISTIC, SPECIFIC, AND EASY TO TRACK. BREAKING A LARGER GOAL INTO SMALLER MILESTONES CAN MAKE IT FEEL MORE MANAGEABLE AND HELP YOUR TEAM CELEBRATE PROGRESS ALONG THE WAY.

BE SURE TO SHARE YOUR FUNDRAISING GOAL ON YOUR TEAM PAGE AND WITH YOUR SUPPORTERS. SHARING YOUR GOAL HELPS BUILD EXCITEMENT, ACCOUNTABILITY, AND MOMENTUM FOR YOUR TEAM.

TEAM FUNDRAISING GOAL: _____

TEAM MEMBERS GOAL: _____

PERSONAL GOAL: _____

OTHER: _____





4 BUILD YOUR TEAM

- INVITE, FRIENDS, FAMILY, COWORKERS TO JOIN YOUR TEAM
- SET A TEAM FUNDRAISING GOAL

MANY TEAMS AIM FOR 10 MEMBERS AND RAISE $2,500 TOGETHER

- CONSIDER RECRUITING CO-CAPTAINS TO HELP LEAD & GROW YOUR TEAM
- SHARE YOUR TEAM PAGE LINK THROUGH EMAIL, TEXT, AND SOCIAL MEDIA
- COMPANY TEAM? HOST AN INTERNAL KICKOFF OR RECRUITMENT DAY TO ENCOURAGE PARTICIPATION

PAST PARTICIPANTS AND SUPPORTERS ARE OFTEN THE FIRST PEOPLE WILLING TO HELP, SO DON'T BE AFRAID TO REACH OUT AGAIN AND SHARE THE IMPACT THEIR SUPPORT HAS MADE.

FIRST YEAR BUILDING A TEAM? START WITH THE PEOPLE CLOSEST TO YOU AND GROW FROM THERE. EVERY TEAM STARTS SOMEWHERE!

REMEMBER, PEOPLE ARE BUSY AND MAY NEED A FEW REMINDERS BEFORE TAKING ACTION. CONTINUE SHARING YOUR TEAM PAGE, FUNDRAISING PROGRESS, AND EVENT DETAILS LEADING UP TO RACE DAY TO KEEP MOMENTUM GOING.



5 LEAD YOUR TEAM

AS TEAM CAPTAIN, YOUR ROLE IS TO KEEP YOUR TEAM CONNECTED, MOTIVATED, AND ENGAGED LEADING UP TO RACE DAY. ENCOURAGE TEAMMATES TO SUPPORT ONE ANOTHER, CELEBRATE MILESTONES, AND HAVE FUN THROUGHOUT THE EXPERIENCE.

USE YOUR TEAM PORTAL TOOLS TO COMMUNICATE WITH TEAMMATES, TRACK PROGRESS, AND SHARE UPDATES ALONG THE WAY.

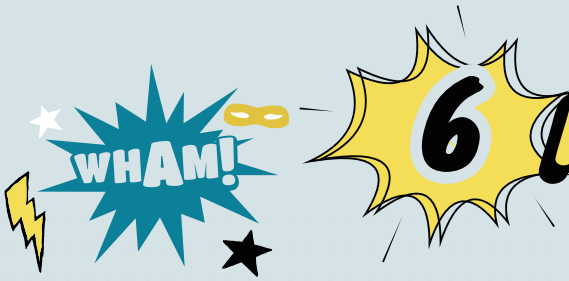
KEEP THE MOMENTUM GOING

- SEND REMINDERS & FUNDRAISING UPDATES THROUGHOUT THE SEASON
- USE SPECIAL OCCASIONS LIKE BIRTHDAYS OR MILESTONES TO INSPIRE DONATIONS
- SET ASIDE A FEW MINUTES EACH WEEK TO FOCUS ON FUNDRAISING & OUTREACH
- REMEMBER, PEOPLE MAY NEED A FEW REMINDERS BEFORE TAKING ACTION

MAKE IT FUN

- HOST A TEAM KICKOFF, FUNDRAISER, OR TRAINING MEETUP
- CREATE FRIENDLY FUNDRAISING COMPETITION WITHIN YOUR TEAM
- COORDINATE MATCHING SHIRTS, COSTUMES, OR TEAM COLORS
- TAKE TEAM PHOTOS & SHARE THEM ON YOUR TEAM PAGE AND SOCIAL MEDIA
- KEEP YOUR TEAM PAGE UPDATED WITH PROGRESS & PHOTOS

ALWAYS THANK YOUR TEAMMATES AND DONORS FOR THEIR SUPPORT AND RECOGNIZE THE IMPACT THEY ARE HELPING MAKE POSSIBLE!



6 FUNDRAISE THROUGH YOUR NETWORK

THINK ABOUT THE PEOPLE IN YOUR PERSONAL AND PROFESSIONAL CIRCLES WHO MAY BE WILLING TO SUPPORT YOUR FUNDRAISING EFFORTS. YOU MAY BE SURPRISED HOW QUICKLY YOUR LIST GROWS WHEN YOU START BRAINSTORMING FAMILY, FRIENDS, COWORKERS, NEIGHBORS, AND COMMUNITY CONNECTIONS.

RELATIVES

1. _____
2. _____
3. _____
4. _____
5. _____

COWORKERS

1. _____
2. _____
3. _____
4. _____
5. _____

FRIENDS

1. _____
2. _____
3. _____
4. _____
5. _____

NEIGHBORS

1. _____
2. _____
3. _____
4. _____
5. _____

CONTACTS THROUGH YOUR CHILD'S FRIENDS/ACTIVITIES

1. _____
2. _____
3. _____
4. _____
5. _____

PEOPLE WHO HAVE INVITED YOU TO A PARTY

1. _____
2. _____
3. _____
4. _____
5. _____

PARTNER'S COWORKERS

1. _____
2. _____
3. _____
4. _____
5. _____

CHURCH OR SOCIAL GROUPS

1. _____
2. _____
3. _____
4. _____
5. _____

PEOPLE YOU DO BUSINESS WITH

1. _____
2. _____
3. _____
4. _____
5. _____

ONCE YOU HAVE YOUR LIST, START REACHING OUT THROUGH EMAIL, TEXT, PHONE CALLS, AND SOCIAL MEDIA. BE SURE TO INCLUDE THE LINK TO YOUR PERSONAL FUNDRAISING PAGE IN EVERY MESSAGE TO MAKE DONATING QUICK AND EASY.

6 FUNDRAISE THROUGH YOUR NETWORK

FUNDRAISING TIPS

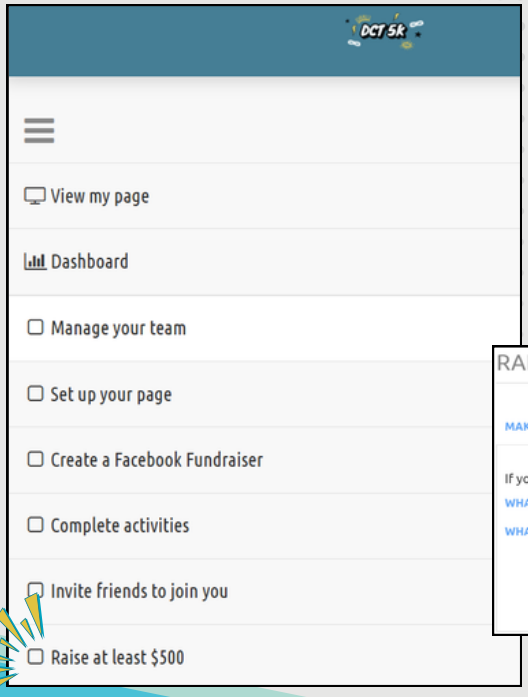
START WITH THE CONTACTS YOU LISTED IN STEP 6, INCLUDING FAMILY, FRIENDS, NEIGHBORS, COWORKERS, CUSTOMERS, AND COMMUNITY CONNECTIONS. PERSONAL MESSAGES AND STORIES CAN MAKE A BIG IMPACT, AND SAMPLE MESSAGING IS AVAILABLE IN YOUR TEAM PORTAL TO HELP YOU GET STARTED.

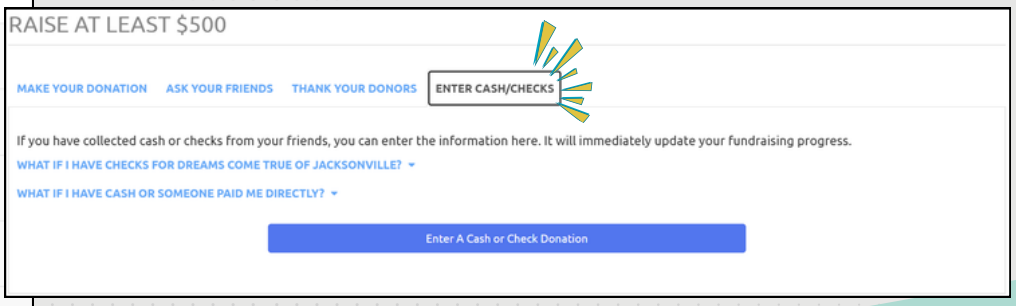
OFFLINE DONATIONS

IF YOU RECEIVE A CASH OR CHECK DONATION, YOU CAN ENTER IT IN YOUR FUNDRAISING PORTAL SO IT COUNTS TOWARD YOUR GOAL RIGHT AWAY! CHECKS SHOULD BE MADE PAYABLE TO DREAMS COME TRUE AND MAILED OR DELIVERED TO OUR OFFICE:

DCT 5K

ATTN: DREAMS COME TRUE 5K GIFT PROCESSING
DREAMS COME TRUE OF JACKSONVILLE
6803 SOUTHPOINT PARKWAY
JACKSONVILLE, FL 32216





6 FUNDRAISE THROUGH YOUR NETWORK

EMAIL & SOCIAL MEDIA

EMAIL, TEXT MESSAGES, AND SOCIAL MEDIA ARE GREAT WAY TO SHARE YOUR FUNDRAISING PAGE AND ENCOURAGE SUPPORT.

- USE THE "INVITE FRIENDS" TOOL IN YOUR PORTAL TO QUICKLY SHARE YOUR FUNDRAISING LINK
- CREATE A SIMPLE POSTING SCHEDULE TO KEEP YOUR FUNDRAISER VISIBLE
- USE GRAPHICS & TEMPLATES AVAILABLE IN YOUR TEAM PORTAL
- PERSONAL STORIES/UPDATES CAN HELP INSPIRE DONATIONS AND ENGAGEMENT

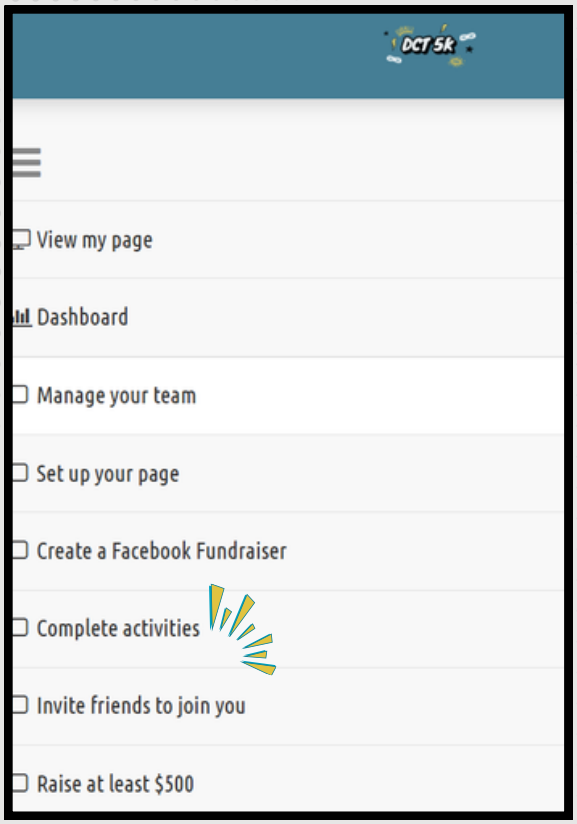
OFFLINE DONATIONS

HOSTING A SMALL FUNDRAISER IS A GREAT WAY TO SUPPORT YOUR TEAM GOAL AND ENGAGE YOUR COMMUNITY! YOUR TEAM PORTAL INCLUDES A "HOST YOUR OWN FUNDRAISING EVENT" TOOL TO HELP CREATE AND PROMOTE YOUR EVENT.

POPULAR FUNDRAISING IDEAS INCLUDE:

- BAKE SALE
- GARAGE SALE
- HAPPY HOUR
- CAR WASH
- GAME NIGHT

AND MORE!



NOTE: IF YOUR FUNDRAISER IS PRIVATE OR INVITATION-ONLY, DO NOT PUBLISH IT TO THE MAIN EVENT PAGE.

6 FUNDRAISE THROUGH YOUR NETWORK

SEND A LETTER

A MAILED LETTER CAN BE A MEANINGFUL AND PERSONAL WAY TO ASK FOR SUPPORT. SHARE WHY YOU ARE PARTICIPATING, INCLUDE YOUR FUNDRAISING LINK OR QR CODE, AND MAKE A DIRECT DONATION ASK. FOR SUPPORTERS WHO PREFER TRADITIONAL MAIL, CONSIDER INCLUDING A SELF-ADDRESSED STAMPED ENVELOPE.

GET YOUR COMPANY INVOLVED

MANY WORKPLACES AND LOCAL BUSINESSES ARE LOOKING FOR WAYS TO SUPPORT THEIR COMMUNITY! CONSIDER:

- EMPLOYEE MATCHING GIFT PROGRAMS
- WELLNESS OR TEAM-BUILDING INITIATIVES
- COMPANY SPONSORSHIP OPPORTUNITIES
- SUPPORT FROM LOCAL BUSINESSES YOU FREQUENT

SPONSORSHIP OPPORTUNITIES BEGIN AT $500. CONTACT DREAMS COME TRUE FOR MORE INFORMATION.

WANT TO SPONSOR?

CONTACT LILI SILVA

EMAIL: LILI@DREAMSCOMETRUE.ORG

CALL: (904) 296-3030 EXT. 204

FINISH STRONG

AS RACE DAY APPROACHES, CONTINUE SHARING REMINDERS AND FUNDRAISING UPDATES WITH YOUR SUPPORTERS. A FINAL EMAIL, TEXT, OR SOCIAL MEDIA POST CAN HELP ENCOURAGE LAST-MINUTE DONATIONS AND REGISTRATIONS!



7 COMPLETE FUNDRAISING CHALLENGES

EVERYONE'S FUNDRAISING JOURNEY LOOKS DIFFERENT. TO HELP YOU GET STARTED, WE'VE INCLUDED A SAMPLE FUNDRAISING PLAN DESIGNED TO HELP PARTICIPANTS RAISE $500. YOU CAN REPEAT THE PLAN, CUSTOMIZE IT TO FIT YOUR NETWORK, OR CREATE YOUR OWN FUNDRAISING STRATEGY.



ROAD TO $500

1. MAKE A PERSONAL DONATION OF $30	$30
2. ASK 4 RELATIVES TO GIVE $25 EACH	$130
3. ASK 6 FRIENDS TO GIVE $20 EACH	$250
4. ASK 5 COWORKERS TO GIVE $20 EACH	$350
5. ASK 4 NEIGHBORS TO GIVE $15 EACH	$410
6. ASK A SIGNIFICANT OTHER FOR $30	$440
7. ASK 4 PEOPLE ON SOCIAL MEDIA TO GIVE $15 EACH	$500
8. CELEBRATE YOUR SUCCESS & THANK YOUR DONORS	



8 ATTEND THE EVENT



DREAMFEST

DREAMFEST BEGINS AT 7:00 AM, SO COME EARLY TO STRETCH AND EXPLORE THE FESTIVITIES BEFORE THE RACE. CELEBRATE ALONGSIDE OUR DREAMERS AND THEIR FAMILIES WHILE ENJOYING ACTIVITIES, GAMES, PHOTO OPPORTUNITIES, GUEST APPEARANCES, AND MORE. BE SURE TO VISIT OUR SPONSORS' TENTS FOR SPECIAL SURPRISES THROUGHOUT THE MORNING.

2026 DREAMS COME TRUE 5K WALK RUN ROLL & 1 MILE FUN RUN

PRESENTED BY TOTE

WE CAN'T WAIT TO SEE YOU ON SEPTEMBER 19!

KNOW SOMEONE INTERESTED IN VOLUNTEERING?
CONTACT VOLUNTEERS@DREAMSCOMETRUE.ORG



9 THANK YOUR SUPPORTERS

YOUR FRIENDS, FAMILY, COWORKERS, AND SUPPORTERS HELPED MAKE YOUR FUNDRAISING JOURNEY POSSIBLE. AFTER RACE DAY, TAKE TIME TO THANK THE PEOPLE WHO SUPPORTED YOUR TEAM AND YOUR FUNDRAISING EFFORTS.

A HANDWRITTEN NOTE IS ALWAYS MEANINGFUL, BUT EVEN A QUICK TEXT, EMAIL, OR SOCIAL MEDIA POST WITH PHOTOS FROM RACE DAY CAN GO A LONG WAY.

CELEBRATE YOUR SUCCESS, SHARE THE IMPACT YOU HELPED MAKE POSSIBLE, AND THANK YOUR SUPPORTERS FOR BEING PART OF THE JOURNEY.

2026 DREAMS COME TRUE

5K WALK RUN RÓLL & 1 MILE FUN RUN

PRESENTED BY TOTE

GET READY!

WE'VE GOT SOME EXCITING FUNDRAISING AND PARTICIPATION INCENTIVES COMING YOUR WAY. STAY ON THE LOOKOUT FOR OUR EMAILS AND SOCIAL MEDIA UPDATES TO DISCOVER WHAT'S IN STORE.

KEEP THOSE SUPER SENSES SHARP... ANNOUNCEMENTS ARE DROPPING SOON!

@DREAMSCOMETRUEJAX
WWW.DREAMSCOMETRUE.ORG

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