



PARTICIPANT GUIDE

TABLE OF CONTENTS

WELCOME	03
HOW TO REGISTER	04
LEAD BY EXAMPLE	05
WHO TO CONNECT WITH	06
HOW TO ASK FOR SUPPORT	07
ASK FOR SUPPORT	07
2025 BADGE GUIDE	08
SOCIAL MEDIA POSTS & RESOURCES	09
FAQ FOR YOU	10
CONCLUSION	11



WELCOME TEAM HOPE WALKER! WE'RE **SO** **GLAD** YOU'RE HERE.



Team Hope is the Huntington's Disease Society of America's (HDSA) signature grassroots fundraising program designed to provide hope and help for those touched by Huntington's disease (HD). All proceeds from the Team Hope Walk Program support the HDSA's mission to improve the lives of people with HD and their families.

As you embark on your Team Hope journey, these materials will assist you through **every step of your experience** by providing you with information about HDSA, Team Hope, promotional resources, and fundraising ideas to ensure a successful campaign.

Together, the funds you raise and the people you recruit will fuel HDSA's care, education, advocacy, and research—making an impact in your community and across the country.

**QUESTIONS? EMAIL
TEAMHOPE@HDSA.ORG**

HOW TO REGISTER FOR A TEAM HOPE WALK:

1

VISIT THE WEBSITE:

Go to www.teamhopewalk.org and find the Team Hope Walk location you would like to attend.

2

CLICK THE “REGISTER” BUTTON

Click the yellow “register” button found next to the location name. Clicking this button will take you to that specific location’s registration page. Once there, click the yellow “register” button again.

3

SPECIFY YOUR REGISTRATION TYPE:

You will be given 3 options to choose from upon clicking “register”: register as an individual, join an existing team, or create a new team.

AS AN INDIVIDUAL

You will have the option to select the amount (and type) of tickets you are reserving.

JOIN A TEAM

If you are looking to join someone else’s team that has already been created, search for it using the search bar.

CREATE A TEAM

If you would like to start a new team, fill in your team name and details.

4

FILL IN YOUR INFORMATION & CONFIRM

Once you have filled in your information, you will receive a confirmation email from HDSA. Once you are registered, you can begin your fundraising efforts!

LEAD BY EXAMPLE: TIPS TO MAXIMIZE YOUR IMPACT



Join the Team Hope Inspiration Club

Raise \$1K in advance of walk day to become part of the Team Hope Inspiration Club! Your name will be announced on walk day in front of all walkers, e-blasted in one of our Team Hope monthly newsletters and a special token of our appreciation will be mailed to you following the event.



Inspire Others Through Your Fundraising

Set an ambitious fundraising goal and begin your fundraising early. Make a donation on your fundraising page, and encourage your contacts to match that donation. Share your progress with your supporters through weekly notes, and thank them for their strong impact on HDSA's mission.



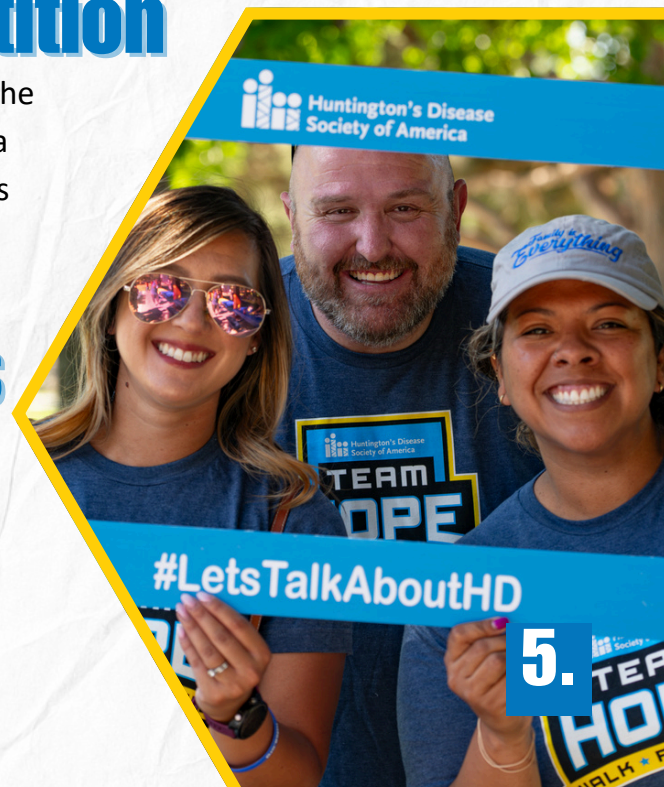
Create Friendly Competition

Encourage your friends, family, or coworkers to join in the fun by competing for the top donor spot. Partner with a local business to secure a prize or gift card, and use it as an incentive to spark excitement and boost donations.



Double Your Donations

Many companies have Matching Gift Donations that will double or triple your donor's donation! Don't forget to ask your friends if their company has a matching gift program or visit [\[LINK\]](#)



WHO YOU CAN ASK FOR SUPPORT

You won't get a donation unless you ask for one! You'd be surprised at how many people you know, without even realizing it. Check out the suggestions below on who you might ask for a donation:

PERSONAL CONNECTIONS:

- Mom / Dad
- Sibling
- Grandparent
- Uncle / Aunt
- Cousin
- Neighbor
- Friend
- Partner / Spouse
- Classmates / Teammates
- Book Club
- Alumni Network
- Holiday Card List
- Volunteer Groups
- Dog Walker
- Babysitter / Nanny
- Hair Stylist / Barber
- Favorite Barista or Bartender
- Religious / Faith Community Members
- Family Friends

WORK & COMMUNITY:

- Your Employer
- Co-Worker
- Vendors
- Bank
- Clinics
- Doctors
- Dentist
- Hospital
- Rehab Center
- Vet
- Dry Cleaner
- Mail Carrier
- Teacher
- Coach
- Small Businesses
- Your Gym
- Local Restaurants / Cafés
- Service Clubs (Rotary, Lions, etc.)
- Local News or Community Groups

HOW TO ASK FOR A DONATION

1

Introduce Yourself

"Hi, my name is _____, and I'm walking in the HDSA Team Hope Walk."

2

Share Your Connection to HD

"I'm walking because _____."

(Example: "my sister is impacted by Huntington's disease" or "I want to support families like mine.")

3

Explain HD in Simple Terms

"Huntington's disease is _____."

(Example: "Huntington's disease is a fatal genetic disorder that causes the progressive breakdown of the brain's nerve cells, leading to movement, cognitive, and behavioral decline. It has no cure, and every child of a parent with HD has a 50/50 chance of inheriting it.")

4

Why Team Hope Walk Matters

"I'm walking because _____."

(Example: "my sister is impacted by Huntington's disease" or "I want to support families like mine.")

5

End with Your Ask

"I'd love for you to consider supporting this cause — every donation helps make an impact. You can donate by visiting my Team Hope Walk fundraising page and clicking 'Donate'."

2025 BADGE GUIDE

Throughout your THW journey, you'll have the chance to earn digital badges that recognize your dedication, fundraising, and advocacy efforts. Each badge highlights a special way you've helped bring us closer to **a world free of HD**— from rallying teammates to spreading awareness. Collect them all and wear your impact proudly!



FIRST STEPS BADGE

Earn this badge by making your first donation or raising your first \$100. It's a celebration of getting started and taking the first step toward making a difference for families impacted by Huntington's disease. Every journey begins with that first act of generosity.



TEAM HOPE BUILDER BADGE

Earned by registering for your Hope Walk—whether as an individual or as part of a team. This badge celebrates your commitment to showing up and being part of the movement, because every step makes our community stronger.



HOPE HERO BADGE

Awarded when you raise \$1,000 for HDSA. This badge recognizes your dedication and commitment to bringing hope to the HD community. You're helping fund vital research, support services, and resources that make a lasting impact.



HDSA CHAMPION BADGE

Achieved by hitting a \$2,500 fundraising goal. This badge honors your leadership and extraordinary impact on the HD community. You're driving meaningful progress toward better treatments and support for those living with HD.

JOIN THE MOVEMENT OF HOPE:



WWW.TEAMHOPEWALK.ORG

LOOKING FOR DOWNLOADABLE SOCIAL MEDIA POSTS & ADDITIONAL RESOURCES?



We're here to make fundraising easy and impactful! Explore these tools displayed above (& more!) to spread the word about Team Hope — online, by email, or at your walk. Find even more resources at teamhopewalk.org/tools-resources/.



QUESTIONS? WE'VE GOT AN FAQ JUST FOR YOU!

**Find answers to all your top questions —
from registration and fundraising to
weather updates and more.**



WWW.TEAMHOPEWALK.ORG/FAQS

THANK YOU!

Questions? Email teamhope@hdsa.org or call 1-800-345-4372

