



Walk for Strength 2024

TEAM CAPTAIN RESOURCES

The Walk for Strength unites the Cerebral Creatine Deficiency Syndrome (CCDS) community, bringing families together to raise CCDS awareness within their personal communities. Funds raised support the ACD PatientStrong Program, which drives all ACD initiatives including CCDS education, advocacy, and research for treatments and cures.

We are so glad that you've decided to partner with us for this year's Walk for Strength!

Personalized URL

Once you have [set up your Walk for Strength team](#), you will receive your personalized URL via email. Invite family, friends, neighbors, and coworkers to join your team using this link. Contact Emily Wolfram (emily@creatineinfo.org) with any questions or updates you'd like made to your page. We are happy to help!

Other Fundraising Ideas

If you're looking for inspiring ideas for fundraising, reach out to us! Or check out the [ACD Fundraising Toolkit](#). We will support your fundraiser by helping brainstorm new ideas and creating materials. Some ideas include hosting a golf tournament, a Shop for a Cause with local small vendors, a Rockin' for a Cause dinner and live band, a triathlon, and more.

Sponsorships



Sponsorships are a great way to get your community involved in your walk. We encourage you to reach out to your local businesses, your own employers, or anyone you think might want to sponsor your walk! This year's sponsorship packages can be found on our [WFS page](#). We have created a [sponsor outreach letter template](#) that you're welcome to customize and use.

Sponsors should fill out [this form](#) and we will make sure that they receive an invoice, receipt for tax-deduction purposes, and recognition. The print deadline for sponsorships is **May 1**. After this date we cannot guarantee their logo will be featured on t-shirts and printed materials.



Social Media Calendar for you to post

You are welcome to share any of ACD's WFS posts, and we have also put together examples of social media posts that you can copy, customize, and share:

Date	Content
March 1-June 14	Join our family as we lace up our shoes for ACD's 9th annual Walk for Strength on June 15th! This event is close to our hearts as we raise awareness for Cerebral Creatine Deficiency Syndromes. [Insert personal connection/story] . Let's make this year's walk the biggest one yet! [TEAM URL] . #WFS2024 #ACDadvocacy @creatineinfo
March 1-June 14	Calling all friends and family! I'm excited to announce that my family has formed a team for ACD's 9th annual Walk for Strength on June 15th, and I'd love for you to join us! Together, we can make a meaningful impact in raising awareness for Cerebral Creatine Deficiency Syndromes AND support research for cures. Let's walk side by side and show our support for [NAME] and kids like him/her! [TEAM URL] . #WFS2024 #ACDadvocacy #ACDresearch
March 1-April 10	 Don't miss out on the early bird discount for ACD's 9th annual Walk for Strength. Register before April 15th for a \$5 discount and join us in supporting awareness and research for [NAME]'s AGAT/CTD/GAMT! Let's walk together with hope for a cure. Register at [TEAM URL] . #WFS2024 #ACDadvocacy @creatineinfo
March 1-June 14	There is still time to register for the Walk for Strength. We are excited to invite our friends and family to participate in this fun event at [Location] on Saturday June 15! Help us raise awareness for Cerebral Creatine Deficiency Syndromes and show your support for [TEAM NAME] . [TEAM URL] #WFS2024 #ACDadvocacy @creatineinfo
April 20	 Friendly reminder: T-shirt registration for [TEAM NAME] ACD's Walk for Strength event ends on May 1! If you haven't signed up yet, now's the time to join our team and help raise awareness for Cerebral Creatine Deficiency Syndromes and show the world that finding cures and therapies is important! [TEAM URL] #WFS2024 #LastChance @creatineinfo #ACDadvocacy @creatineinfo



April 30	📢 Attention friends and family! Now is the time to register for ACD's 9th annual Walk for Strength. Join my family in a fun community event and make a meaningful impact in the fight against CCDS! Today is the final day to register for [TEAM NAME]'s Walk for Strength and be guaranteed a t-shirt by walk day! Register now! [TEAM URL] #WFS2024 #ACDadvocacy @creatineinfo
March 1-June 14	Hey everyone! I'm participating in ACD's 9th annual Walk for Strength on June 15th, and I need your help! Whether you walk with me, donate, or simply spread the word, your support means the world to me and to those affected by CCDS. Let's come together and make a difference! [TEAM URL] #WFS2024 #ACDadvocacy @creatineinfo
March 1-June 14	We'd love to see you all at our Walk for Strength on June 15th! If you can't be physically present, we invite you to participate virtually or by making a donation in support of [TEAM NAME]. We are so grateful for our community's support! [TEAM URL] #WFS2024 #ACDadvocacy @creatineinfo
June 10	☀️ It's not too late to join us for ACD's 9th annual Walk for Strength! Registration is still open – sign up today and be part of something truly special. Together, we can make a difference! [TEAM URL] #WFS2024 #ACDadvocacy @creatineinfo
June 15	POST PICTURES FROM YOUR WALK FOR STRENGTH AND TAG CREATINEINFO
June 16	A heartfelt thank you to everyone who has supported our team for ACD's 9th annual Walk for Strength! Your generosity and enthusiasm inspire us every day. Thank you for walking with us! #WFS2024 #Gratitude #ACDadvocacy @creatineinfo