



TEAM STARTER GUIDE

Give hope, strength and courage by starting a Bike to Beat Cancer team! Bike to Beat Cancer invites you to start a team with two or more people today to share this wonderful team-building experience with your co-workers and friends. You can set physical and fundraising goals together, and feel confident knowing your efforts are helping support critical cancer prevention initiatives, clinical trials, research and survivorship programs at Norton Cancer Institute.

Are you ready to start your team? *Let's go!*

1. Define your vision. As you approach friends, family and colleagues to join your team, you will find that people have various ideas on what joining a bike team looks like. Many may not have any reference point at all. Having a defined vision will allow these people to see what you are working toward, while also giving you focus as you move forward.

There is no single model for what a Bike to Beat Cancer bike team looks like. Teams range in size and complexity. Some may have only a few riders while others have a large group. Team members also can have differing levels of experience and skill.

2. Get the word out and recruit riders.

Starting a bike team shouldn't be a challenge. Success in recruiting starts with finding and using your resources.

Friends, family and colleagues all can assist in getting the word out about your new team, so get them involved early. If every individual interested in joining your team recruits an additional two friends for the team, you will successfully form a team in no time. Review the Bike to Beat Cancer team handbook under "resources" at BikeToBeatCancer.org for additional details.

3. Define your rider type. Whether you're a beginner or experienced cyclist, Bike to Beat Cancer has a rider type for your level of skill. Participants can be virtual riders or choose from four course distances: Family Ride (5 miles), 35 miles, 65 miles and 100 miles.

Individuals who want to join your team but are unavailable to be present on the day of the event can sign up to participate as virtual riders. Virtual riders receive the same benefits as race-day riders, including training rides and fundraising tools. Virtual riders can complete their miles at home, the gym or in our virtual ride tent at the Bike to Beat Cancer finish line.

Family Ride registration is \$10 per person. All other participant registration types are \$50, and individuals must commit to raising \$400 to participate (\$100 for survivors).

4. Join training rides. When talking with prospective riders, tell them about upcoming Bike to Beat Cancer promotional events and invite them to join you on a training ride. Get our complete training schedule at BikeToBeatCancer.org.

5. Getting support and raising money.

When you sign up to participate in the Bike to Beat Cancer, you commit to helping make a difference for the thousands of people in the community affected by cancer each year. Gain support from those in the community! Start a personal web page for easy fundraising. Read the fundraising tips at BikeToBeatCancer.org to get started toward your fundraising goal.

Money raised will fund prevention and early detection initiatives, survivorship programs, educational programs, therapies and clinical research at Norton Cancer Institute. One hundred percent of the funds raised go directly to support our mission of curing cancer and eliminating suffering.

6. Attend Bike to Beat Cancer!

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