



# 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 rider type.

There are seven ways to ride for one great cause! Whether you're a beginner or experienced cyclist, we have an option for you:

- 5-mile Family Ride
- 15-, 35-, 65- or 100-mile ride
- Spin ride
- Virtual ride

Volunteer positions also available!

### 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. Review the Bike to Beat Cancer team handbook under "Resources" at [BikeToBeatCancer.org](http://BikeToBeatCancer.org) for additional details.

### 3. 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](http://BikeToBeatCancer.org).

### 4. Get support and raise 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 webpage for easy fundraising. Read the fundraising tips at [BikeToBeatCancer.org](http://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.

### 5. Attend Bike to Beat Cancer on Sept. 14!

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