



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. 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 or spin riders or choose from five course distances: Family Ride (5 miles), 15 miles, 35 miles, 65 miles and 100 miles.

Family Ride registration is \$10 per person. All other participant registration types are \$50, and individuals must commit to raising their minimum fundraising requirement based on their participant type.

Our Spin Ride option is available for individuals who would like to complete their miles on a spin bike at our start/finish line. 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.

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. 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.

4. 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.

5. Attend Bike to Beat Cancer!

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