

Hampton Roads, VA Tour de Cure **Team Captain** News

With a few deadlines coming up soon, we did not want you to miss out on your very own Team Captain incentives. Plus, we have news about the upcoming Team Week.

▶ **Team Kick-Off Events – By February 28**

Now is the time to get your team energized about the upcoming Tour de Cure and a GREAT way to do so is by having an internal Team Kick-Off Event.

Schedule a lunch hour or an after-work gathering for your team to get together and learn more about how they can build a great experience with the Tour de Cure.

Set your Team Kick-Off Event in February, invite your local ADA Staff to join you, and you will receive a Tour de Cure knit cap.

For more information, ideas or to schedule an invite with your local ADA Staff, contact Amie Holman at aholman@diabetes.org or call 757-424-6662 x 3276.



▶ **The Sweet Sound of Music – by March 15**

Don't miss your chance to earn the official [Tour de Cure Team Captain Smart Phone Bike Speakers!](#) It is as easy as 1..2..3 :

1. REGISTER as a Team Captain
2. RECRUIT 5 team members
3. RAISE \$1,500 (as a team)

Registrations and donations must be received **by March 15, 2013**

American Diabetes Association
Tour de Cure 2013
Calling all Team Captains!

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Visit diabetes.org/hamptonroads/about or call 1-888-DIABETES to register

▶ **Team Tents – by April 1**

All teams who raise \$5,000 or more by April 1st will receive a 10x10 tent at the Celebration Site the day of the ride. You are welcome to decorate your tent, use it as a meeting spot the morning of the ride, or use it as a shaded place to sit and eat in the afternoon.

▶ **Team Week**

For one week only, we will be sending out a motivational email to all Team Captains. Between February 18 – 22, we will share inspirational and informative details that you can find beneficial to your efforts as a Team Captain. Be sure to check them out, we will be listing some of our Top Teams as well!

Thank you for all you do to guide your teams to be a great success
in the 2013 Tour de Cure!