

# 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](mailto: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**



## ► **Team Tents – by April 1**

All teams who raise \$5,000 or more by April 1<sup>st</sup> 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!