



SUNDAY, JUNE 13, 2010

# TEAM CAPTAIN KIT

## Team Captain Information:

THANK YOU FOR VOLUNTEERING TO BE A Bridge City Boogie Team Captain. We hope you have fun organizing your team and getting them **in motion!** Please pick up your appreciation gift from us and enter your name in the team captain draw for a Polar RS100 heart rate monitor courtesy of Brainsport at the package pick up.

### TIPS TO RECRUIT YOUR TEAM

- Teams must consist of a minimum of 12 participants but there is no maximum. The team with the most participants will win \$500.00.
- Gather your friends, family, and neighbors, in your school, workplace, church, clubs, communities, or condos, to make a team.
- Tell potential team mates how much they will benefit from being on a boogie team:
  - Great team spirit and morale
  - Access to our training program
  - Supporting articles on fitness
  - Fun and fitness
  - Team shirt
  - Post race snack
  - Timing chip
  - Finishers certificate
  - Name in The StarPhoenix
  - Chances to win a Polar RS100 heart rate monitor courtesy of Brainsport
- Reproduce the back page of the team challenge brochure and include it in your newsletters to pass on important information.
- Send out an email to potential team mates inviting them to join your team and give them our website link [www.bridgcityboogie.ca](http://www.bridgcityboogie.ca)
- Download additional information and resources from our website [www.bridgcityboogie.ca](http://www.bridgcityboogie.ca)
- Let team members know they can run, walk or wheelchair in the 2K, 5K, or 10K events
- Expand your team by inviting family, friends, staff, students, etc on your team.

### REGISTER YOUR TEAM

- As the team captain you will need to set up online registration for your team. This is easy! Just go to our website [www.bridgcityboogie.ca](http://www.bridgcityboogie.ca) and follow the registration links. After you click on the active.com button that says "create your team", you will be asked to supply your team's name.
- After registration is set up, team members can register on their own. They will be need to know your team name. As the team captain you can also register your team members online.
- **The earlier your team mates register the more they will save!**
- If you have at least 12 participants registered by May 21, your team will have the team name on the t-shirts.
- Remember that when you register for the boogie you are supporting these local charities:



#### TEAM ADULT RATES

EVENT	UNTIL APRIL 14th	UNTIL MAY 14th	UNTIL MAY 21st
2 km	\$15	\$15	\$20
5 km	\$25	\$30	\$35
10 km	\$35	\$40	\$50

#### TEAM STUDENT RATES (18 YEARS OR YOUNGER)

EVENT	UNTIL APRIL 14th	UNTIL MAY 14th	UNTIL MAY 21st
2 km	\$5	\$10	\$15
5 km	\$15	\$20	\$25
10 km	\$25	\$35	\$45

### TRAINING WITH YOUR TEAM

- Follow the 9 week training program beginning in April in The StarPhoenix or download it from our website [www.bridgcityboogie.ca](http://www.bridgcityboogie.ca).
- Watch The StarPhoenix weekly or check our website [www.bridgcityboogie.ca](http://www.bridgcityboogie.ca) for supporting articles about fitness and boogie training.
- See our website to download the handy km tracker to prepare for the 2K event.
- Have fun and train together – it is a great motivator!
- DO IT at school - Walk, jog or run with your friends or as a class during recess, lunch or after school
- DO IT at home - Train with family and/or friends to keep each other **in motion**
- DO IT at work - Join some work mates for a walk, jog or run before, after work or during lunch.
- Don't forget to have FUN during and after training sessions!

### PACKAGE PICK UP

- Team captains must pick up their team's packages on **Thursday, June 10 from 5pm - 8pm**. This will allow plenty of time for team captains to distribute their packages to team members on Friday and Saturday prior to the event on Sunday morning.
- If team captains are unable to make the Thursday night team package pick up, they are welcome to pick up their packages on Saturday, June 13th from 10am - 3pm.
- **Only designated team captains are allowed to pick up packages for teams.**
- There will be NO package pick-up or registration on Sunday, June 13 - NO EXCEPTIONS.
- Race packages include timing chips, t-shirts, and other goodies.

### BOOGIE FEST

This year when you cross the finish line celebrate with your friends and family by attending Boogie Fest! Join us for an afternoon of entertainment, activities for the kids, exhibitors and great company! Boogie Fest will take place in the same location as the warm up – in the grassy area behind Griffiths Stadium following your Boogie event. Come for the walk/run and stay for the fun!

## Team Captain Kit includes:

- 1 A Bridge City Boogie Team Challenge brochure
  - Full of information about our team challenge
  - Back page is reproducible for newsletters to help you recruit teammates
- 2 Two 11x17 Bridge City Boogie Posters
  - Display at your school, workplace, church, neighborhood, etc.
- 3 Two 11x17 Bridge City Boogie recruiting posters
- 4 Information sheet for team captains
  - Recruiting
  - Training program
  - Registration
  - Package pick up
  - Team captain incentives and prizes
  - Boogie Fest
  - Boogie Day Tips

## Boogie Day Tips:

- Teams do not have to enter in the same event or participate together BUT it sure is fun if you do.
- Encourage your team to cheer each other on during the race and/or at the finish line.
- If you are planning to meet as a group on Boogie morning, choose a location in advance to meet and make sure everyone knows where it is. You may also want to make a banner for your team or bring a marker (like balloons) so everyone can see where to meet.
- Ask team mates to meet by 7:00am. Parking will be difficult and finding each other in a crowd can be hard.
- Go green! Consider walking, riding your bike or car pooling to Griffiths stadium. This will cut down on traffic and parking hassles and it is environmentally friendly.
- Some teams like to dress in a theme or just dress silly. We encourage you to have fun!