



RIDE THE HARBOR: Tour de Wellness - Saturday, June 17th, 2023

Team Registration, Benefits & Captain Guide

Why Ride with a Team?

We recommend riding with a team! Riding with a group can help motivate you to get out, log more miles, build friendships and can also help you be seen by drivers. Learning from the more experienced riders can help you build confidence, learn about proper gear, and can push you to become a stronger rider overall, not to mention you can save between 20-40% of your energy drafting in a group!

Ride the Harbor Team Benefits

Teams of five or more people receive \$9.00 off their registration price. Teams of 10 or more will receive \$11.00 off their registration, whatever distance they choose. Teams are not required to all ride the same distances. Discounts applied after the team member threshold for each level has been met.

- Team Captains will receive an exclusive Ride the Harbor Captain's race jersey free.
- Team members who fundraise \$100 receive a discount on a 2023 Ride the Harbor club jersey.
- Team members will be placed in the same heat to start the race together.
- Teams will be recognized at the Finisher's Festival in Westport.
- Largest Team will receive special recognition.
- Top Fundraising Team and Top Individual will have their name placed on the perpetual Ride the Harbor: Tour de Wellness trophy displayed in the Summit Pacific Medical Center lobby.
- Team members receive a food voucher for use at the Finisher's Festival.

How to Create or Join a Team

There are a few ways to create your own team. You can create a team during your ride registration OR you can create a team separately after you register. If you create a team, you automatically become a Team Captain by default. You can also choose to join a team and can view all teams through the menu option on the left-hand side of the main event registration page. (Main Page: <https://bit.ly/RTH2023REGI>)

Detailed Instructions for:

- How to create a new team: <http://bit.ly/3xZoGz9>
- How to join a team after registration: <http://bit.ly/3kxYh8m>

Being a Team Captain

Your number one role as a Team Captain is to recruit team members and motivate your team. We want to get as many people out on bicycles as we can! The bigger the team, the better!

Engaging Team Members

After you have registered as a Team Captain, invite others to register online. Once they do, they are responsible for updating their fundraising page online, sending out fundraising emails to friends and family.

Check in with team members periodically to make sure they are logging miles and getting their legs in shape for whatever distance they choose.



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Encourage them to stretch themselves on mileage or fundraising goals.

Team members can help you recruit additional team members, challenge other groups to create a team, or even event volunteers.

Our second desire is that you consider a team fundraising goal. Although not required, fundraising as a team can be fun and give the group opportunities to build friendships, network and support rural healthcare.

We encourage Teams to fundraise together as an additional way to be competitive with other teams since our event is not a timed race. While fundraising is not a requirement, we encourage team members to raise \$100 each to become a member of the Tour de Wellness Club and receive their jersey discount. As a team Captain, here are a few items you may want to do to get started.

Team Building

- ☐ Communicate with your team members regularly. (*Captains have team access to member contact details.*)
- ☐ Inspire, motivate, and appreciate your team members.
- ☐ All Team members should be active participants.
- ☐ Encourage team members to recruit additional team members or challenge new teams.
- ☐ Meet regularly with your team for training rides, riding or equipment tips, and to build their confidence.

Fundraising

- ☐ Work with your team members to develop a fundraising goal.
- ☐ Provide team members with fundraising tools and guidelines.
- ☐ Host or plan regular, fun, and informal meetings to plan fundraising activities to ensure everyone has the information they need.
- ☐ Encourage team members to share their "Why I Ride" stories, or what got them into cycling on their personal fundraising pages.

Your Donations Make a Difference

All proceeds from such fundraising activities benefit the medical center and our healthcare clinics through the purchase of equipment, facility upgrades, student scholarships and funding for staff and patient education programs. You create hope, healing and compassion for all and enable world-class healthcare, right here in Grays Harbor and all those served by our hospital and clinics.

Your fundraising efforts support your neighbors, friends and family by funding vital programs and improving services that meet our community's health needs now and in the future.

Earn New Fundraiser Badges!



Raise
\$100



Raise
\$250



Raise
\$400



Raise
\$550



Raise
\$750



Raise
\$1,000

For more details on team fundraising, how to get registered as a team or other questions, please contact Event Coordinator, Natalie Jensen at Natalie.Jensen@sp-mc.org or call 360-346-2345.