

Team Captain Checklist & Tips



We know that you're ready to hit the pavement so we're here to help lead your team to success.

REGISTER YOUR TEAM

- Create your team and secure your 2023 Torch Run T-shirt at www.specialolympicsva.org/2023-torch-run
- Invite your family and friends to join your team!
- Personalize your team page - let people know when, where and why your team is running.

PLAN YOUR RUN

- If you're a Law Enforcement Team hosting a run be sure to submit your details through our website here.
- Looking for a community run? Visit the 2022 Torch Run website to find a run in your area.
- Don't forget you and your team can always run at your pace at your place!

TIPS FOR YOUR TEAM

- Create fundraising and mile tracking challenges for your team members to
- compete against each other.
- Remind your teammates that they must raise \$75 to earn the finisher's medal.
- Use the tools on our website to boost your fundraising!

WWW.SPECIALOLYMPICSVA.ORG/2023-TORCH-RUN