



## TEAM CHALLENGE INFORMATION

What's a team? A team is any number of individuals up to a maximum of five who share a wheelchair and wheel/walk the 1-mile course together, and all work together to raise funds for the Wheelathon.

Share a wheelchair? Yes! We hope you will take the challenge of using your arms to move your wheelchair rather than having a teammate push you. Wheeling the wheelchair is more difficult than it might seem. You will gain a greater understanding about some of the challenges that are involved when using a wheelchair for mobility. Please plan to wheel instead of push the wheelchair but you might consider switching wheelers at the three watering holes located along the course!

How does it work? Each team member takes a sponsor form, and collects sponsors and contributions from friends, family, co-workers, etc. Each member of the team who secures at least five sponsors gets a tee-shirt.

Show your Team Spirit - here are some ideas:

- ✓ Choose a theme and a team name!
- ✓ Decide your team colors or costumes and dress accordingly
- ✓ Recruit your family and friends to cheer you on
- ✓ Make a sign to promote your team.
- ✓ Develop team cheers, chants and songs to recite as you travel
- ✓ Loosen the bolts on the opposing team's chairs (just kidding!)

There will be prizes awarded for Best Team Spirit in both the **Quickies** (all-youth, accompanied by an adult) and **Jazzy** (mixed age) categories,