



## 2008 *Fast RunnerZ* Corporate Team Challenge

### Captain's Checklist

October

\_\_\_\_\_ Recruit employees from your company to run. (Post enclosed flyer to encourage participation).

November – December

\_\_\_\_\_ Encourage team members who have not completed their individual race registration to do so, either online or by mail.

\_\_\_\_\_ Begin fundraising and organizing fundraising events for your charity.

January

\_\_\_\_\_ Send a preliminary roster as soon as available. Teammates can be added as they commit. Final rosters are due the week of the race.

\_\_\_\_\_ Once your completed Team Entry Form and Team Roster have been received, Fast RunnerZ will contact you for verification.

\_\_\_\_\_ Check the roster you receive from Fast RunnerZ to ensure your team is complete and all names are spelled correctly.

February

\_\_\_\_\_ Consider organizing team training runs and nutrition and injury prevention seminars. Fast RunnerZ can help you with all of these.

March

\_\_\_\_\_ Make company racing shirts for team members.

April

\_\_\_\_\_ Create team building opportunities by attending the Health and Fitness Expo on May 2 and May 3. Also make plans to attend the Krusteaz Pancake Breakfast and Marathon Pasta Party, both the day before the race.

\_\_\_\_\_ Make a final push for donations and contributions for your charity.

May

\_\_\_\_\_ RUN AND HAVE FUN!