

MUSC HOLLINGS CANCER CENTER



# Team Captains Guide



breaks  
gs!  
ters a  
for the  
rd  
v!  
her Ch  
I

For me  
Charl  
famil  
ride  
For Br  
ll thos  
C

Wang! Brad Sr., love you Dad! For my grandpa, Mama Bott & ART7 patients   
 I ride for Wendy! For the many before, and the fewer ahead For my mom and me  
Grandma Laurie Berns We ride for Bobby Fuller! Marky Mark & the Funky Bunch

# Welcome, Team Captain!

Thank you – not only for riding in LOWVELO25, but for stepping up to lead a team as we work to eradicate cancer. Your passion and energy are truly making a difference in the lives of your team, the LOWVELO community, and all of those facing a cancer diagnosis – together, we can!

This guide will give you some of the key information you need to build and inspire your team, help them meet their fundraising goals, and have the most amazing LOWVELO ride day. We want you to know that we're here to help and support you every step of the way. If you have any questions that this guide can't answer, please reach out to the LOWVELO team at [LOWVELO@musc.edu](mailto:LOWVELO@musc.edu).

Thank you for taking on this important role. We're thrilled to welcome you and your team to LOWVELO25 – Let's ride!



family  
For  
r  
sister,  
For  
has  
rolling  
fight  
For  
Sewar  
Don't  
brother  
rs  
ice W

red for  
er and  
I  
ne wan  
For  
r Cha  
d fam  
ot rid  
74  
For  
all th  
nts

I ride for Wendy! For the many before, and the fewer ahead For my mom and Grandma Laurie Berns We ride for Bobby Fuller! Marky Mark & the Funky Bunch



# LOWVELO Team Nuts & Bolts

A LOWVELO team is a group of friends, family, colleagues and/or classmates who join together to raise funds for innovative and lifesaving cancer research at MUSC Hollings Cancer Center.

Each rider on a LOWVELO team can choose whichever route they feel most comfortable with – you do not all need to ride the same distance.

Distance	Age Requirement	Registration	Fundraising Minimum
7 miles	All ages	\$0	\$300
14 miles	All ages	\$0	\$300
23 miles	Age 14 by Nov.1	\$0	\$500, kids 15-17 \$300
50 miles	Age 14 by Nov.1	\$0	\$1,000, kids 15-17 \$300
80 miles	Age 16 by Nov.1	\$0	\$1,500, kids 16-17 \$300
Stationary	Age 8 by Nov.1	\$0	\$300

\*Children ages 14 and under have no fundraising commitment for any route.

\*All children must be accompanied by a parent/guardian at all times during the ride and be registered, regardless of age or fundraising commitment. Email LOWVELO@musc.edu if your child is under 8 and we will waive the fundraising requirement.

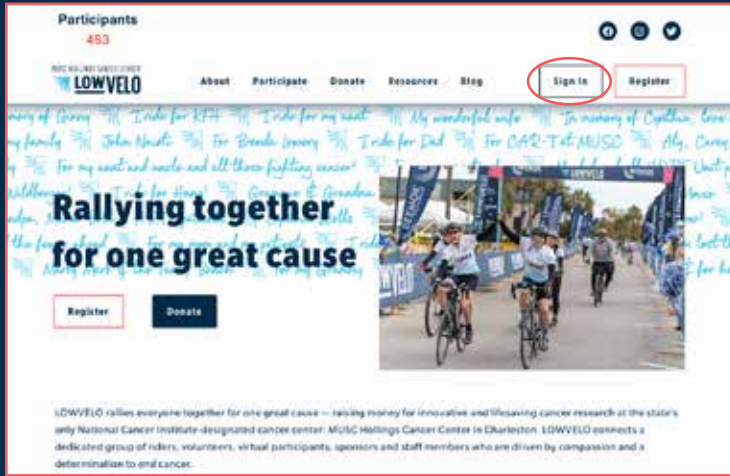
The beauty of a LOWVELO team is that all of your fundraising minimums are combined into one team goal. So, if one rider falls short of their fundraising minimum, their teammates can help make up the difference. Plus, giving back while biking the beautiful Lowcountry is more fun with friends to cheer you along!

## Team Incentive!

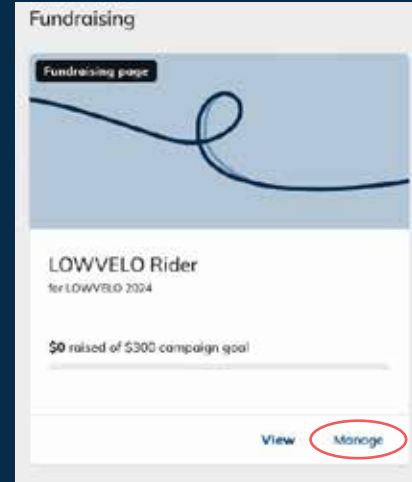
Any team that collectively raises \$20,000 or more by October 1 will be honored with a team flag near the stage at the Finish Line Festival!

# Setting up your team page

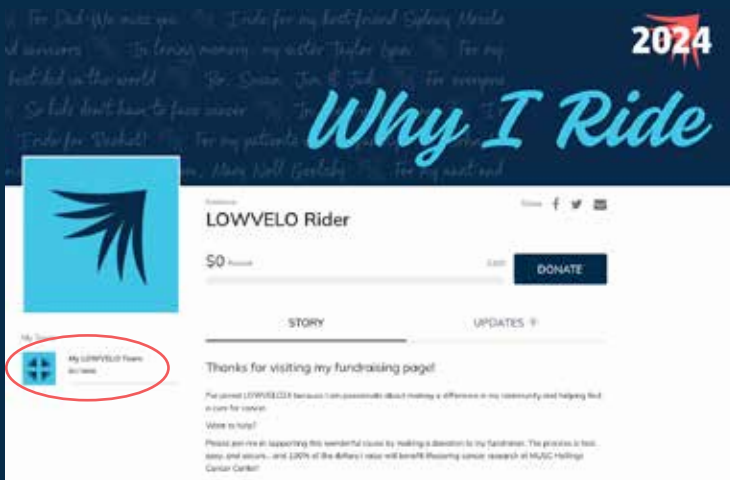
1. Login to your account by visiting LOWVELO.org and clicking “Sign In” at the top right corner of the page.



2. Once logged in, scroll down to fundraising and find your personal fundraising page. Click “Manage” and then “Manage Fundraising Page.”



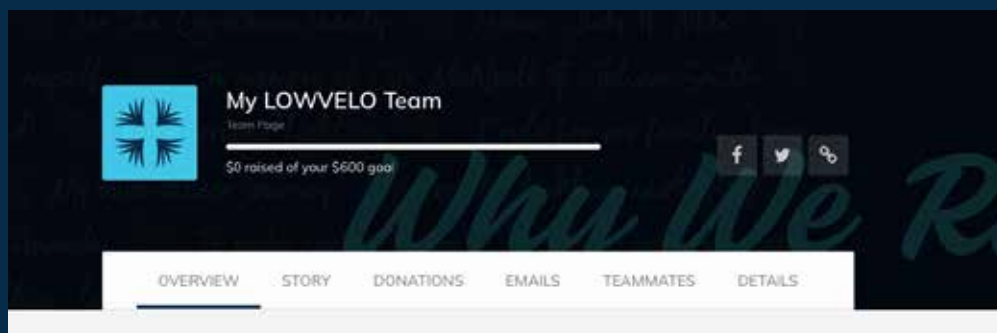
3. Find and click on your team name on the left side of the screen.



4. Click “Manage” in the top right corner to begin updating your page.



5. On this page, you'll see several tabs along the top of the page: Overview, Story, Donations, Emails, Teammates and Details.



# Setting up your team page

(Continued)



The **overview tab** will take you step by step through the process of personalizing your team page. Or, you can click through each tab to do it manually.

The **story tab** is where you can add your team's "Why I Ride" story. Tell your friends and family the reason for your ride, how you became involved in LOWVELO and became a team, and who you are honoring. Potential donors love to know why your team's so passionate about the cause.

The **donations tab** will show you all of your donations and donor messages.

The **emails tab** allows you to recruit new teammates, send donation requests and thank you emails to friends and family.

The **teammates tab** will show all members of your team, the teammate with the most activity, a weekly winner, and the teammates with the most donors and most funds raised.

The **details tab** is where you can upload a photo, change your fundraising page headline, increase your fundraising goal and set up a vanity URL for your fundraising page.

As always, if you have any questions about setting up your page or if you need help hitting your fundraising goal, the LOWVELO team is here to help. Email us at **LOWVELO@muscc.edu**.

ride for my Dad, family and friends battling or who have lost their battle 🙏 For all my patients I have cared for 🙏  
e for my mom! 🙏 For my future patients 🙏 Love you, Nanna 🙏 I ride for all survivors, my grandmother and bro  
r my music teacher 🙏 My dad and all HOPE Unit patients 🙏 For those who can't afford cancer care 🙏 I ride  
my dad and little sister, I love you! 🙏 For those still here & for those left behind 🙏 For Richard, a true warrior!  
ride for all! 🙏 For my mother and mother-in-law 🙏 For Mrs. Jean 🙏 In memory of Dad and Nana 🙏 Myse  
e for my mom who has breast cancer 🙏 Equitable care for all with cancer 🙏 For my father-in-law 🙏 For melau



# Tips for being a great captain!

Your passion for finding a cure and your dedication to LOWVELO are the most important tools for being a great team captain – and we know you have those already! Here are some other suggestions that will help you lead your team.



Remind people that there are many ways to participate and be part of your team and LOWVELO. There are five route options – 7, 14, 23, 50 or 80 miles as well as a stationary ride. Members of your team can also take part in our LOWVELO Home Team and complete the activity of their choice, on their time.



Share your “Why I Ride” story. When you invite someone to be part of your team or to donate, be sure to tell them your personal story. Your dedication and the reason why you’re riding is inspiring and it just might inspire someone else to join you.



Get training! Gathering your team throughout the year to go on training rides will help build team camaraderie and get you ready for the challenge of November 1. You can also take advantage of our twice-weekly LOWVELO training rides as a team.



Tuesday evenings: Meet at Edmunds Oast Brewing at 1505 King Street in Charleston. Gather with bikes in the courtyard by 6 p.m. Please be sure to have helmets, lights, water and any basic tools and tubes you’ll need for repairs.

There are three route options: beginner, intermediate and advanced – so all of your teammates will find a group that fits their skill level. Any registered riders who enlist a friend to register for LOWVELO will receive a \$25 fundraising credit – so this is a great place to bring potential teammates!



Wednesday mornings and Thursday evenings: Meet at the MUSC Wellness Center at 45 Courtenay Drive in Charleston for a stationary training ride at 6 a.m. on Wednesdays or 6 p.m. on Thursdays. These training rides are offered at no cost to all Wellness Center members and LOWVELO riders. There are free passes available for those who are not Wellness Center members.



# Tips for being a great captain!

(Continued)



Talk about your team **EVERYWHERE!** Share about LOWVELO on your social media accounts, in community groups, your workplace, at the gym, with your friends and family. People everywhere have been affected by cancer and you never know who may want to be part of your team or donate. Your passion can put them into action.



Become a fundraising champion! Together, all LOWVELO riders are raising money for innovative and lifesaving cancer research at the state's only National Cancer Institute-designated cancer center – MUSC Hollings Cancer Center in Charleston. The riders on your team are driven by compassion and a determination to end cancer. As team captain, it's your job to help them reach their fundraising goal in this important endeavor.



Encourage your team to share their "why." Nothing motivates donations more than a personal story and connection to cancer.



Focus on the collective power of your team. Remember, when you become a team your fundraising goals merge. So, if you add up all the fundraising minimums for your riders, that is your team goal. When one person exceeds their goal, they can help make up for a team member who falls short. Teamwork makes the dream work!



Plan group fundraisers together. Not only will this build up your team morale, it can help all team members reach their fundraising goals.



Dad, I  
!   
teacher  
little si  
   
who  
at Ho  
l the  
y   
Ann S

ts I  
my gra  
ancer  
Richard  
d and  
in-la  
eley  
my fro  
one w  
I ride

you: Dan! Trideclar Rachel! For my patients and my family John Naia

# Important dates

Mark your calendars! Here are the important dates you need to keep your team updated on throughout 2025.

Date	Event
October 1	Teams that raise \$20,000 by this date get a flag honoring them at the Finish Line Festival on ride day.
October 1	Last day to change routes. New fundraising commitments will apply.
October 1	Last day to cancel participation and be released from fundraising commitments. Any funds raised to this point WILL NOT be refunded.
October 30	Packet Pick-Up Party at Firefly Distillery for all riders and teams.
October 31	MUSC Packet Pick-Up at Hollings Cancer Center – for MUSC staff and students only.
November 1	LOWVELO25 ride day!
January 1, 2026	Fundraising deadline

For the best  
ard S  
n! I  
her Chris  
I ride  
Wang!

who cannot  
de for KFT  
tote  
uncle and a  
for Hung!

Brad Sr., love you Dad! For my grandpa, Mama Bott & ART7 patient

