

MUSC HOLLINGS CANCER CENTER



Team Captains Guide



family
For
ster,
For m
has b
ollings
fighters and survivors
In loving memory, my sister Taylor Lynn
For my friends and family
For the best dad in the world
Bo, Susan, Jim & Judi
For everyone who cannot ride
Seward
So kids don't have to face cancer
In memory of Ginny
I ride for KFH



Welcome, Team Captain!

Thank you — not just for riding in LOWVELO26, but for stepping up to lead a team in our shared mission to eradicate cancer. Your passion, commitment, and energy ripple outward, inspiring your riders, strengthening the LOWVELO community, and bringing hope to everyone facing a cancer diagnosis. Together, we truly can.

This guide gives you the essential tools to build, motivate, and support your team as they fundraise and gear up for an unforgettable ride day. And remember: you're not doing this alone. Our team is here to support you at every turn. If you need anything beyond what's in these pages, reach out anytime at LOWVELO@musc.edu.

Thank you for taking on this meaningful role. We're thrilled to have you — and your team — riding with us for LOWVELO26. Let's ride!



family
For
ister,
For n
has
ollings
fight
For

red fo
her an
I
true wa
For
For Ch
nd fan
not ri

Seward
So has don't have to face cancer
In memory of Gerry
I ride for KFH
Don!
I ride for Rachel!
For my patients and my family
John Naioti
For



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	\$400, kids 1-13 \$0
14 miles	All ages	\$0	\$400, kids 1-13 \$0
23 miles	Age 14 by Nov. 6	\$0	\$800, kids 14-17 \$400
50 miles	Age 14 by Nov. 6	\$0	\$800, kids 14-17 \$400
80 miles	Age 16 by Nov. 6	\$0	\$800, kids 16-17 \$400
Stationary	Age 13 by Nov. 6	\$0	\$400

*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 13 and under 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!

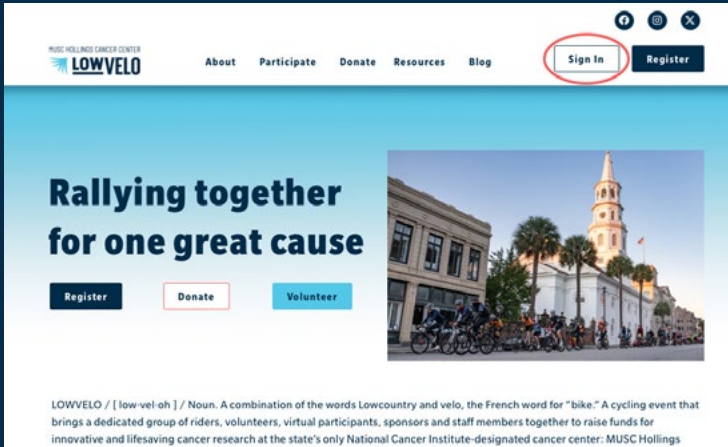
Team Incentive!

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 Block Party!

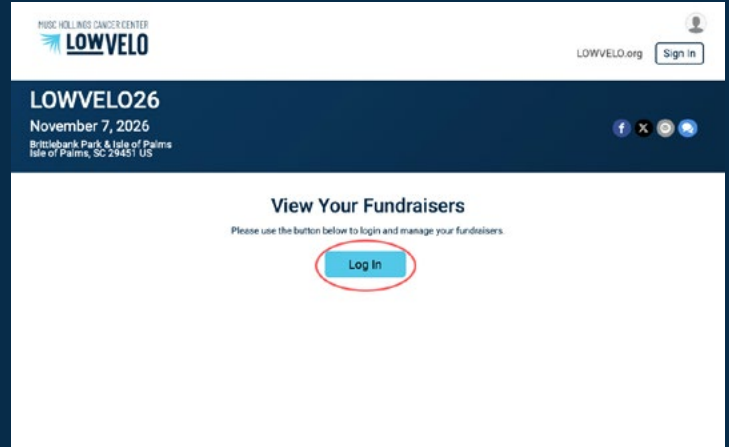
family and friends battling or who have lost their battle *For all my patients I have cared for*
For my future p *my grandmother an*
My dad an *cancer care*
ister, I love you! *chard, a true w*
For my mother and mother-in-law *For Mrs. Jean* *In memory of Dad and Nana*

Setting up your team page

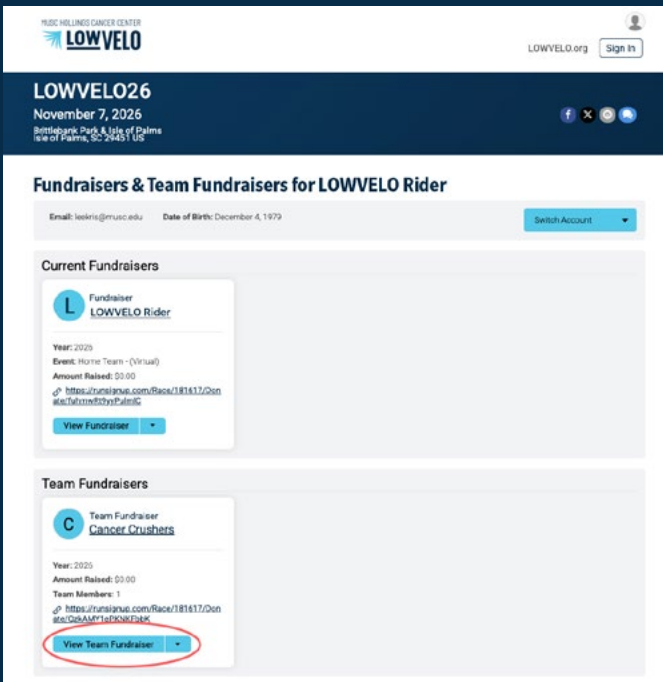
1. Login to your account by visiting LOWVELO.org and clicking “Sign In” at the top right corner of the page.



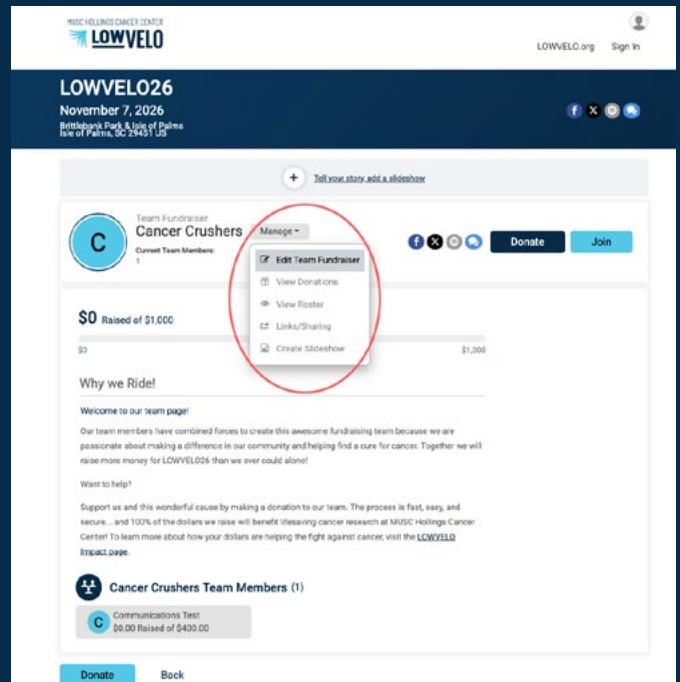
2. Click the teal “Log In” button to sign into your account.



3. This will bring you to your main dashboard where you’ll see your personal fundraiser and your team fundraiser. To update your team page, click “View Team Fundraiser.”



4. Click “Manage” next to your team name and you will be able to edit the information in your team fundraiser, view your donations, view your team roster, get links to share your page on social media and in emails, and upload photos to create a slideshow.



As always, if you have trouble or questions about getting your team page set up, please feel free to reach out to the LOWVELO team at LOWVELO@muscc.edu. We are always here to help.

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 own 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 7. You can also take advantage of several local training rides. Visit LOWVELO.org and find “Training Rides” under the Resources tab for more information. The rides below happen every week.



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. This is a great place to bring potential teammates and to get in some practice riding in large groups! Stick around after for drinks, snacks and to get to know other LOWVELO riders.



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 [here](#) 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 inspire their 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.



family
For
ster,
For m
has b
ollings
fighte
For the best dad in the world

red fo
er an
I
ive wa
For
or Ch
nd fan
for everyone who cannot ride

Bo, Susan, Jim & Julie



Important dates

Mark your calendars! Here are the important dates you need to keep your team updated on throughout 2026.

Date	Event
October 1	Teams that raise \$20,000 by this date get a flag honoring them at the Finish Line Block Party 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.
November 5	Packet Pick-Up Party at Firefly Distillery for all riders and teams.
November 6	MUSC Packet Pick-Up at Hollings Cancer Center – for MUSC staff and students only.
November 7	LOWVELO26 ride day!
January 1, 2027	Fundraising deadline

family and f
For my fi
My
ister, I lov

ave cared fo
ndmother an
are I
l, a true wa

For my mother and mother-in-law  For Mrs. Jean  In memory of Dad and Nana 