Community Memorial Foundation’s
Wheeling for Healing
Team Starter Guide
Team Registration Process:

- Gather 1-10 or more of your friends, family members, neighbors or co-workers to join the cause.
- Pick a team name.
- Register the team name and a team captain at events.communitymemorialfoundation.org/w4h.
- Give the web address above to all of your team members so they can register individually under the team name.
- Design a team logo for the back of your event T-shirts (see Team T-shirts section below for more information).
- Set a team fundraising goal and start a competition to see who can raise the most money in the fight against cancer.
- Upload a photo or video on your team page to let others know why you are riding.

Registration Fees:

<table>
<thead>
<tr>
<th></th>
<th>Before June 11</th>
<th>After June 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$35</td>
<td>$40</td>
</tr>
<tr>
<td>Youth (ages 6-12)*</td>
<td>$20</td>
<td>$25</td>
</tr>
<tr>
<td>Youth 5 and under</td>
<td>free</td>
<td>free</td>
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Routes:

- **4-mile route**: A family-friendly route through nearby Menomonee Falls neighborhoods. Great for families with small children. Average rider speed: 5 mph
- **14-mile route**: The most popular route offers a leisurely ride through Menomonee Falls and Germantown. Enjoy the beauty of Rotary Park’s bike trail. Average rider speed: 9 mph
- **33-mile route**: Challenge yourself while enjoying the countryside. Enjoy the sites and sounds of Menomonee Falls, Germantown, Richfield and Colgate. Average rider speed: 11 mph
- **New this year — 2-mile walk**: A family-friendly route through nearby neighborhoods. Great for families with strollers and those uninterested in biking.

Schedule:

Riders and walkers gather at Community Memorial Hospital for registration and warm-ups. For safety, the 14- and 33-mile routes are sent off in waves.

<table>
<thead>
<tr>
<th>Route</th>
<th>Arrive</th>
<th>Sendoff</th>
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</thead>
<tbody>
<tr>
<td>33-miles</td>
<td>7 a.m.</td>
<td>7:30 a.m.</td>
</tr>
<tr>
<td>14-miles</td>
<td>8 a.m.</td>
<td>8:30 a.m.</td>
</tr>
<tr>
<td>4-miles</td>
<td>8:45 a.m.</td>
<td>9:15 a.m.</td>
</tr>
<tr>
<td>2-mile walk</td>
<td>9 a.m.</td>
<td>9:30 a.m.</td>
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Recognition Levels:

Please join us in the fight against cancer by raising money to support those in our community affected by this disease.

**Fundraising Recognition Levels**

- $100 raised = receive a W4H logo water bottle
- $250 raised = receive a W4H logo quarter-zip pullover
- $500 raised = receive a W4H design dry wick bike jersey

Team T-shirts:

Teams registered before Friday, July 13 are guaranteed their team logo on the back of their T-shirts. Send your team logo in high resolution (prefer 500 kb+) jpg or vector files to Heidi.gremmer@froedtert.com by July 13.