



# **NEW CAPTAIN GUIDE: GETTING STARTED**

## **EVERYTHING YOU NEED TO KNOW TO EXPERIENCE MYTEAM TRIUMPH!**

Welcome to myTEAM TRIUMPH of Missouri! We are so glad you are joining us! You will soon be experiencing the joy of running, biking and swimming, and the exhilaration of crossing the finish line.

### **HOW IT WORKS**

The person who is being assisted to participate in the race is called the captain. This can be an adult or child with a physical, developmental or emotional challenge who would enjoy the active, social life that mTT offers. He or she is pushed, pulled or accompanied by 'angels,' athletes that are excited to share what they enjoy with someone who could not do so on their own. Captains can be in wheelchairs or ambulatory, or a combination of the two. Some captains ride in the chair until a short distance from the finish line, and then finish on their feet. We'll adjust to whatever the captain needs.



## THE APPLICATION

Step one is to complete the captain application. This form includes anything your running partners need to know about you in case of emergency, including allergies, medications, food and bathroom needs, and any medical conditions that could affect you or your child during an event. A copy of this form will accompany the captain during events in case of an emergency. It also allows mTT to take pictures that may be posted on social media.

## EQUIPMENT

The equipment used is owned by mTT and shared by multiple captains. Race strollers are used for running, and come in a variety of styles. We will work with the captain to come up with the best option for them.

For biking, we use adult-size bike trailers which accommodate up to 250 pounds. They are connected to the bikes at the back axle. We also have access to tandem bikes which captains can use to more actively participate in the exercise.



The swim is done with swim-angels pulling the captain in an inflatable kayak or raft. The angel has a belt around his/her waist which is tethered to the front of the kayak.

In all cases, at least two, usually more, angels accompany each captain on the course. At times, mTT will choose to change the course from the one that the other athletes are following in order to assure the safety for the captain/angel team. We are out there for the fun and enjoyment of the day, so we aren't worried about competing with the other athletes. It's all about the fun!

## WHERE DOES THE EQUIPMENT COME FROM?

The equipment is purchased through various donations and fundraisers. The primary fundraiser for mTT is the Resolution Run held each January 1 at Arena Park. There is also an event in May, the City2City Run & Relay, which supports our organization. We participate in restaurant community giving nights, garage sales, and anything else that we are able to do.

[www.myteamtriumph-mo.org](http://www.myteamtriumph-mo.org)

**BE SURE  
TO KEEP  
UPDATED  
OF  
UPCOMING  
EVENTS!  
VISIT OUR  
WEBSITE  
OFTEN!**

[www.myteamtriumph-mo.org](http://www.myteamtriumph-mo.org)

*Get  
Ready  
to Run!*

## WHAT DOES IT COST TO PARTICIPATE?

There is no cost to the captain to participate. We don't want anything to stand in the way of a captain enjoying this experience. Captains are registered by mTT and experience the full race benefits, including the t-shirt, goodie bag, finisher medals and everything else that the other participants experience.

## RACE DAY

You will get an email about 3 days before the event to give details about arrival time. It is typically about 45 minutes before the race begins. We take team pictures and review race details. For most races, we start 5-10 minutes before the rest of the group. This allows us to get out front and move to single file position.

## WHEN CAN WE BEGIN?

- Contact mTT for a list of upcoming events or go to [www.myteamttriumph-mo.org](http://www.myteamttriumph-mo.org) for a complete list.
- Call or email us with whatever event you'd like to participate in. Then we'll make it happen together! We can arrange training runs/bikes/swims so the captain is comfortable and so we can get to know how we can make the experience the best for the whole team.

That's all there is to it!

Questions? Please ask! The mTT core team includes:

Debbie Leoni - 920-664-0411 [dleoni@myteamttriumph-mo.org](mailto:dleoni@myteamttriumph-mo.org)

Crissi Matthews

Christine Jaegers

Derrick Dean

Sheila Dean

Joe Windeknecht

Margie Nation

Becki Nation

Contact any of us and we'll get the party started!

