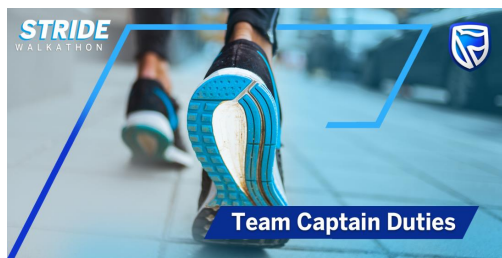


INSERT REVISED MASTHEAD



STRIDE
WALKATHON

Challenge Data Troubleshooting &
Contacting Support



Team Captain Duties

Team Captain duties include:

- Responsible for registering on behalf of the team. ***(It is recommended to set-up a Teams meeting and register together, to ensure the correct personal information is captured)***
- Set-up training sessions with the team
- Communicate and ensure the team is update to date with information as well as the rules
 - Name, Surname, Email address, Employee number, Email address, Date of Birth, Emergency contact person, Mobile number ***(It is recommended to set-up a Teams meeting and register together, to ensure the correct information is captured)***

Required when registering:

- **Your Team's category:** Solo (1-walker), Duo (2-walkers), Trio (3-walkers) or Quad (4-walkers)
- **Your Team's distance category:** 100km or 160km in 24 hours
- **Your preferred Team name:** Teams of 2 or more needs to decide a Team name. Soloists can opt for a nickname or use their given name under Team name
 - *Eg. Power Walkers (You will be required to give an alternative name, should your preferred name be taken. We will allocate a name to the one that registers with it first.*
- **Team details for your entire team:**
- **Ready to Register:** Before registering the team, ensure you have all your team members details, as incomplete registrations will be removed.

[Register](#)

Important Rule:

It is a walk, so you must walk! (Rule 230 Definition of Race Walking: Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with he ground until the vertical upright position.

Participant details required for each member:

Participant details required for each member	
Name:	
Surname:	
Division (ie. Transaction Banking):	
Segment (ie. CIB, Other)	
Employee number:	
Email address:	
Mobile number:	
Date of Birth:	
ID number:	
Gender:	
Shirt size:	
Dietary preferences:	
Allergies / Medical conditions:	
Emergency contact name:	
Emergency contact number:	
Accommodation required:	



1. Arrange a Team according to your preferred category

Team category: Solo (1) Duo (2), Trio (3) or Quad (4)



2. Decide on a team name

Eg. Power Rangers



3. Assign a team captain

- Nominate/assign one Captain per team. Each team must have a Team Captain.

The Team Captain duties include:

- Registering the team via <https://stridewalkathon.standardbank.com/>
- When registering the Team, ensure you have your teams details before registering
I.e. Name, Surname, Email address, Mobile number and Date of Birth
- Ensuring the Team payment has been made when registering
- Ensuring that collectively the team is walking a distance that they comfortable with to get to 100km over the 10 days
- Ensuring the team distance and time is correct