



Corporate Centurion Challenge

TEAM CAPTAIN DUTIES

TEAM CAPTAIN DUTIES INCLUDE:

1. **Responsible for registering** on behalf of the team.
(It is recommended to set up a team meeting and register together, to ensure the correct personal information is captured)
2. **Set-up training sessions with the team**
3. **Communicate and ensure the team is up to date with information as well as the rules**



Oh Captain
My Captain!

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 need to decide a Team name. Soloists can opt for a nickname or use their given name under Team name.

For example, Power Walkers (You will be required to give an alternative name, should your preferred name be taken. We will allocate the name to the one that registers with it first.



Team details for your entire team:

- | | |
|---------------|---------------------------------|
| 1. First name | 4. Date of Birth |
| 2. Surname | 5. ID Number or Passport Number |
| 3. Gender | 6. Email address |



Ready to Register: Before registering the Team, ensure you have all your Team members details, as incomplete registrations will be removed.

REGISTER

“The journey of a thousand miles begins with a single step.” — Lao Tzu

Important Rule:

It is a walk, so you must walk! (Rule 230 Definition of Race Walking: Race Walking is a progression of steps taken so 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 the ground until the vertical upright position.