



Resources For Team Captains Ideas for Completion

How will your Team Complete the Golden Cup?

God gave you certain talents. Maybe you hate running, but you love kayaking. Maybe walking is more your thing.

The Golden Cup was started by Michael Cook, who chooses to ride an e-bike to fulfill his goal.

We want this experience to be enjoyable, so choose an activity that you love. The Golden Cup is for everybody. As long as you are moving (even walking slowly!), you can complete the Golden Cup.

Some ideas:

- ✓ Run or walk a 5k, 10k or even a half marathon or a marathon!
- ✓ Choose a challenging route and ride your bicycle or e-bike.
- ✓ Organize a golf or putt-putt tournament and donate the registration fees.
- ✓ Practice pilates for a number of consecutive days.
- ✓ Swim laps or dive for contributions.
- ✓ Kayak or canoe your favorite waterway.
- ✓ Rollerblade as fast as you can.
- ✓ Arrange a tennis tournament.
- ✓ Hike trails in beautiful places.