



Want to be a Team Captain?

The AMP ride is an opportunity to support your friends, family and loved ones with a connection to ALM, MS and Parkinson's. Team Captains are the key connection point for our event. What does it take to be a captain?

1. Sign up! Register yourself and start your team
 2. Recruit four of your friends to join you!
 3. Get the word out! Share about your team on social media and other platforms! Getting your friends and family Amped up will help your fundraising and your team building!
 4. Set a team goal and fundraise. We require \$100 per team member but you can raise so much more! Make a goal and rock it!
 4. Be there the day of to cheer on your teammates and enjoy the fun!
- Captains don't have to stick around for the whole event but it is good to be there for your team and show your support!

You think you have what it takes?
Register today using the QR code!

