



**2019 Corporate Cup Challenge
Race Day Info.
Saturday, October 12, 2019
8:00 am – 12:00 pm
Maclay Gardens State Park**



LOCATION

Working Well is very excited that this year all of the activities will take place in one area, the Rec Area at Maclay Gardens State Park! The Main Pavilion is located on the left side of the bathrooms at the Rec Area, just past the playground. Working Well is paying for everyone's entrance fee – please stop at the gate so the park attendant can count heads.

PARKING

Drive past the entrance to the Rec Area to the Gardens parking area. Tallahassee Police Cadets will direct you where to park. Mike's Limos trolley will shuttle you to and from the Rec Area. You can also walk, run or bike to warm up! Bring a flashlight just in case. Please arrive in time to check in at the registration table and be ready for the warm-up at 8:00.

SCHEDULE DETAILS

Check-in and registration is 7:00 – 8:00 a.m. at the Maclay Rec Area Main Pavilion. Please be ready to warm up with Alexis Gaston from Just Get Fit at 8:00. **The strength and conditioning leg, kayak leg and Fun Run will all start as soon as the warm-up is over, about 8:15 a.m.** Both will run continuously until all participants compete. **The 5k Run begins promptly at 8:45,** followed by **the almost 7-mile bike leg at 9:45.** Both will start and finish in the parking lot next to the Rec Area. Enjoy cheering on your teammates while you're not competing!

RACE BIBS & EQUIPMENT

Your packet includes a race bib for each team member. **Please be sure it's securely fastened at all four corners and is easily visible on the FRONT of your body. Cyclists must bring your own bike and helmet (required). Kayaks will be provided by SGI Journeys. Bug repellent and sunscreen is advised for all attendees!**

OFFICE OLYMPICS

Teams should report to the **grassy area next to the Main Pavilion at 10:15 for the 10:30 start.** The Finish Line Party and beer will be located nearby and start around the same time. The Office Olympics was created to entertain everyone while the CCC scoring is being done, so be sure to watch this fun event and cheer on the participants!

SCORING AND AWARDS

We strive to tabulate scores as quickly as possible to begin the Awards Ceremony by 11:30. Please DON'T ask our scorers questions while the scores are being tabulated. This disrupts the process and slows it down. You can help expedite scoring by making sure your bib is pinned on all four corners and that you confirm the gender of each team member when you check in at registration. The final results will be available at www.workingwelltoday.org following the event.

KIDS ACTIVITIES

Bring the entire family to enjoy a morning full of fitness and fun! There's plenty for the kids to enjoy, including the **1-mile Fun Run (for all ages) starting at 8:15,** Obstacle Course, Face Painting, Canvas Painting, and Big Bubbles.

FOOD AND DRINK

The City of Tallahassee will have their water truck onsite to provide the City's high-quality water by the cup or to fill your water bottle. Fruit will be available, and some vendors will have food samples under the big tent. Celebration beer will be available for participants age 21+ (tickets are in race packets). Feel free to bring your own food/drink as well.

VENDORS

Please visit with 16 diverse vendors with products and services geared toward health and fitness. You'll find them under or nearby the big tent. Many of them have generously sponsored this event, so please thank them for their support!

MASSAGE

Two massage therapists will be onsite to relax your muscles before or after you compete. Take advantage of their healing hands and treat yourself to a massage! Tips are appreciated, but not necessary. Spectators are also welcome.