



2020 Virtual Corporate Cup Challenge

October 17 - 31, 2020

Bike Event

Thank you for accepting the Challenge! This year's event is all about participation and your individual and team goals. Working Well wants you to be safe, improve your health and well-being and have FUN in the process. We have created an event that is flexible, easy to complete, goal oriented and suited for varying fitness and competition levels.

DESCRIPTION

We suggest you complete a 10k bike route, but 5k will also be accepted. You can complete the ride on-road, off-road or a combination of the two. Road bikes, off-road bikes or hybrids can be used. Any course or route you choose is fine – in your neighborhood, at a local park, on a trail, etc. Check out a few suggestions for courses below. Don't forget to **WEAR A HELMET!**

DOCUMENTATION OF PARTICIPATION

One way to have this experience be more interactive and inspiring is to include everyone in your training process. Share your progress by posting training achievements or workout with **#CCCTraining** and tag Working Well.

Print your bib and share your experience by uploading your photo on RunSignUp. Don't forget to keep it social and share your experience on Facebook or Instagram! Use **#CorporateCupChallenge**, **#CCCBike** and tag Working Well!

COURSE SUGGESTIONS

If you have competed in the Corporate Cup Challenge in the past, you may be familiar with the Tom Brown Park course or the Maclay Gardens course, however, if you are not familiar with a trail course, you may want to use the St. Marks paved bike trail going out half the distance and then turning back.

- [Maclay Gardens](#)
- [Tom Brown Park](#)
- **St. Marks Trail** – located at the corner of Capital Circle and Woodville Hwy. There is a paved trail and an off-road trail called **Munson Hills**.
- **Capital Circle Southeast Trail** – Paved and runs from Old St. Augustine to Crawfordville Highway
- **Cascades Park** – Paved trail in the park and the trail extends over the South Monroe bridge and down FAMU Way.
- [Trail Finder](#)
- [App Suggestions](#) – Best Bike Apps info