



## 2020 Virtual Corporate Cup Challenge

October 17-31, 2020

### Event Info

#### LOCATION – YOU PICK!

This year's 2020 Corporate Cup Challenge 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 a virtual event that is flexible, easy to complete, goal oriented and suited for all fitness and competition levels. You can complete your event leg at the site of your choosing.

Please note, if you use Maclay Gardens during this two-week window, show your bib and let the rangers know you are participating in Working Well's Corporate Cup Challenge and the park fee will be paid by Working Well.

#### TEAM INFO

Register yourself or your team. Teams of four individuals, with each completing a leg, are still the standard way to participate in the challenge. However, since there is a two-week time period to complete the legs, you may also participate as an individual completing one, two, three or all four legs during the two-week time frame and your registration fee will vary accordingly.

#### RACE BIBS

All participants will be provided a bib number. Simply print out your race bib and have it on hand when you take your photo to upload and record your participation.

#### EVENT LEG DETAILS

Participation will be recorded by photo, uploaded with **#CorporateCupChallenge** and your event hashtag as noted below. If two or more individuals are in the photo, we encourage them to be wearing masks (Please note, Maclay Gardens requires this).

#### LEARN MORE ABOUT EACH LEG

**Run** – 5K OR 10K Stay social and share your race with **#CCCRun**

**BIKE** – 5k or 10k - Stay social and share your race with **#CCCBike**

**PADDLE** – You pick 1 mile or 5k, any Paddle accepted, Kayak, Canoe, Paddle Board - Stay social and share your race with **#CCCPaddle**

**STRENGTH AND CONDITIONING** – 2 min of each, Jump Rope, Sit-ups and Push-ups - Stay social and share your exercise session with **#CCCStrong**

#### OFFICE OLYMPICS

Teams of two can still compete virtually. All you need is an idea and your smartphone to capture the moment! Send Working Well your video of less than two minutes and cross your fingers that the community votes your team as the winner.

Since the community is voting, we think they will enjoy being entertained, so the funnier the better. Feel free to include an introduction and closing and/or any comments about what you are doing. Maybe that includes some bloopers? Dressing up in a costume since the CCC ends on Halloween? Your imagination for your video is your only limitation!

## SCORING AND AWARDS

This year everyone is a WINNER! You can make up your own goals for time and distance to CHALLENGE YOURSELF AND YOUR TEAM! The goals are participation, getting in shape, improving your health and having FUN. There is a competition for the Office Olympics. For a complete listing of Office Olympics award winners, [visit our website](#) after October 24th. **Stay up-to-date** on all Corporate Cup Challenge participation by visiting Working Well's Facebook page during the two-week window.

## KIDS ACTIVITIES

We did not forget the kids! Sign your pint size friends up for a 1-mile Fun Run. Or head out to Cascades Park for a Scavenger Hunt!

**FUN RUN** – One mile run - Stay social and share your race with **#CCCFunRun**

## CELEBRATE AND SHARE ON SOCIAL MEDIA

When your challenge is completed, enjoy a well-earned sports drink or beer. Don't forget to share your experience on social media using #CorporateCupChallenge and tag Working Well!

**Make plans to include your entire family and enjoy two-weeks full of fitness and fun for everyone! This is a GREAT way to get your business or organization moving, build some camaraderie and create a healthy culture.**