



2020 Virtual Corporate Cup Challenge

October 17-31, 2020

Kids Fun Run Event

Encouraging kids to be active is even more important during these challenging times. Kids 14 years or younger can participate in this one-mile run.

DESCRIPTION

One-mile Fun Run. Any course or route you choose is fine – in your neighborhood, at a local park, track or your favorite trail. Check out a few suggestions of courses below. A flat paved surface may be safest for kids. For safety, note surface for holes or uneven ground.

DOCUMENTATION OF PARTICIPATION

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**, **#CCCFunRun** 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](#)
- **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**.
- **Cascades Park** – Paved trail in the park and the trail extends over the South Monroe bridge and down FAMU Way.
- [Trail Finder](#)
- [App Suggestions](#)

TIME AND DISTANCE

Adults can mark distance using a running app and use chalk to mark start and finish. Time using phone stopwatch.