



2020 Virtual Corporate Cup Challenge

October 17-31, 2020

Paddle 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

A one mile or 5k paddle. You choose the distance and your vessel! Kayaks, paddle boards, single scull and canoes all welcome. Complete your distance on one of the suggested routes below or your favorite waterway.

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**, **#CCCPaddle** and tag Working Well!

COURSE SUGGESTIONS

- Lake Hall at [Alfred B. Maclay Gardens State Park](#), 3540 Thomasville Rd, Tallahassee, FL 32309. **Entrance fee covered by Working Well for CCC participants.**
- [Lafayette Heritage Trail Park](#), 4900 Heritage Park Blvd, Tallahassee, FL 32311. **No rentals- Must bring your own boat/board.**
- St. Marks River and [Wakulla River](#)
- [Wacissa River](#)
- [App Suggestions](#) Check out some top rated paddling tracking apps

RENTAL INFORMATION

- Wakulla River – TnT Hideaway, 6527 Coastal Highway, Crawfordville, FL, 850-925-6412, www.tnthideaway.com
- St. Marks River – Shields Marina, 95 Riverside Dr, St. Marks, FL, 850-925-6158, www.shieldsmarina.com
- Maclay Gardens State Park, 3540 Thomasville Rd, Tallahassee, FL 32309, (850) 487-4556. www.floridastateparks.org/maclaygardens
- Wacissa River Canoe and Kayak Rental, 290 Wacissa Springs Road, Monticello, FL. 850-997-5023, www.wacissarivercanoerentals.com
- [Harry Smith Outdoors](#), 675 Industrial Dr, Tallahassee, FL (Railroad Square), 850-591-3060, www.hsmithoutdoors.com