



October 9, 2021 Maclay Gardens

The annual Corporate Cup Challenge is a banner event for Working Well. On one Saturday morning each fall, teams of four co-workers convene at to compete for the Corporate Cup - a designation that shows their commitment to teamwork, team building and overall fitness.

The event will be held again at Maclay Gardens since we got such positive feedback from hosting the 2019 event there.



**TEAMS OF 4 COMPETE WITH EACH TEAM MEMBER
COMPETING IN ONE OF THE 4 LEGS OF THE RACE**

5k Run

This will follow [the route](#) through Overstreet Park that was created by the Red Hills Triathlon, Inc.

5.4 Mile Bike Race

Some of [the course](#) will be on paved road, but most is a trail ride. Distance is 5.4 miles. A hybrid or mountain bike must be used. Road bikes will not work on this course. Helmets are required for all cyclists. Competitors must provide their own bikes

5 Minute Rowing Sprint

We are excited to announce Sweat Therapy Fitness will be sponsoring the rowing leg of the Corporate Cup Challenge. Participants will partake in a five minute row challenge on IndoRow water rowers overlooking the Lake Hall at Maclay Gardens. The farthest distance wins!

Strength and Conditioning

This competition involves several individual challenges:

- How many times one can bench press 60% (men) or 40% (women) of their weight
- How many military sit-ups one can complete in 2 minutes
- How many times one can jump rope in 2 minutes

ADDITIONAL EVENTS

We have plenty of fun and challenging activities for the entire family!

One Mile Fun Run

Open to all ages. An easy out-and-back course on paved surface. Ribbons awarded to all finishers. All participants must be pre-registered.

Office Olympics

Teams of two compete in this wacky course of challenges that are sure to put your office skills, agility and intellect to the test. The team that makes it through the entire course with the fastest time will be awarded a trophy and bragging rights as the Office Olympics World Champion!

There are five short activities in the Office Olympics. Here is a preview of two of those five. The other three will be given to when the Office Olympics begin.

- **Morning Coffee Rush** - Have an employee from each team fill a coffee mug to the brim and run through a pre-determined race course to pass it off to another team member to return. The team with the fastest collective time and least amount of liquid spilled is declared the winner.
- **Deadline Dash** - Each team has two participants. Wastepaper bins and paper balls must be aligned behind marked line. Once athletes are standing behind the line, they have 30 seconds to work together and throw as many balls into the bin. Most paper balls in the bin, wins.

Kids Activities

Kids activities include a 1-mile Fun Run, Kids Obstacle Course, and additional activities may be included.

Beer

Beer will be provided for participants at the completion of the event, while watching the Office Olympics and waiting for the scoring to be completed. Two drink tickets per participant will be in team packets.

WAIVERS

Each team member must sign a waiver to compete. The waiver can be returned to Mary Estes at mestes@FirstCommerceCU.org when you register or turned in the morning of the event when you check in. They can be printed out from the registration page or we will have some available to sign when you check in your team the morning of the event.

SCORING

Individuals competing in each of the 4 events will be ranked in the order that they finish. The rankings for each team member will be added together for a team composite score (e.g. 1st place finish = 1 point, 20th place finish = 20 points). The team with the lowest composite score will be the winner.

AWARDS

The Corporate Cup

The Corporate Cup winning team gets the big beautiful trophy that passes from winner to winner each year. This team must consist of employees and their dependents from a single company/business! This award is given in the true CCC spirit --- employer group teams coming together to represent their organizations as part of their wellness programs.

The Spirit Trophy is awarded to the company with the greatest number of supporters who come out to cheer on their team. Sign-up sheets for supporters will be available at the event's registration table.

Additional Awards will be presented to:

- 1st place all male team
- 1st place all female team
- 1st place coed team
- 1st place male and female finisher in all individual legs

PARKING

Working Well will pick up the entrance fee to the park, so you will not need to pay it. Parking is at the actual Gardens, about a mile past the Rec Area and there will be signage to direct you to the parking area. You may want to carpool with other team members and one or more can be dropped off at the Rec Area to check in and one person can park. There will be a van to bring you from the Parking area to the Rec area.

SCHEDULE OF EVENTS

7:00 – Registration Check-In

7:30 – Welcome

7:45 – Warm-Up for all competitors

8:00 – 1 mile fun run

- Kayak competition begins (ongoing)
- Strength and Conditioning competition begins (ongoing)

8:30 – 5K Run

9:30 – 5.4 mile Bike Race

10:30—Office Olympics begins and beer is served

PACKET PICK-UP

Event packets for the Corporate Cup Challenge Team competition, Office Olympics and Fun Run **MUST BE PICKED UP IN PERSON** and will be available on **Friday, October 8th from 5:00 a.m. – 8:00 p.m.** at **Momentum Fitness, 2695-4 Capital Circle NE, 850-385-9712**. Each team will receive one team packet which will include race bibs, t-shirts, “Final Team Participants” form and event day instructions.

REGISTRATION COST

\$100 per team (includes one T-shirt for each team member)

\$25 Office Olympics (includes T-shirts)

Your team must be registered by Friday, September 24th at 5:00 in order to get t-shirts. You can still register right up to Friday, October 8th, but a t-shirt will not be provided.

If you are not sure which team member will be doing which leg of the event, and you don't want to miss the Early Registration, you can put TBD beside the name for the leg, so you can get the discounted price. However, you will need to turn in your “Final Team Participants” form at check-in registration at the event.

We need every team to come to the registration table the morning of the CCC and confirm the names of the team members and which leg of the event they are doing. This is done by using the “Final Team Participants” form. If there are no changes, there is a place to note that on the form. Accurately recording team participants ensures proper scoring for your team.