



**October 8, 2022**  
**Maclay Gardens**  
**Tallahassee, FL**  
**8:00 a.m. – 12:00 p.m.**

**Join us for our annual Corporate Cup Challenge...Working Well's signature team fitness event!**

Each fall, teams of four co-workers compete for THE Corporate Cup – the esteemed trophy celebrating their commitment to teamwork, team building, and overall fitness.

**HOW IT WORKS:** Teams of 4 co-workers from the same organization/business compete in a 4-leg race. Each team member competes in one leg of the race:

- 1) **5K Run:** Follows [the route](#) through Overstreet Park that was created by the Red Hills Triathlon.
- 2) **5.4-Mile Bike Race:** [The course](#) is mostly trail with some paved road. Competitors must provide their own bikes. A hybrid or mountain bike must be used – road bikes will not work on this course. Helmets are required for all cyclists.
- 3) **5-Minute Rowing Sprint:** Compete on land on stationary “water rowers” overlooking Lake Hall. The farthest distance wins! (We hope to return to kayaks on the water next year pending vendor availability.)
- 4) **Strength & Conditioning:** Includes 3 individual challenges...
  - #1 How many times you can bench press 60% (men) or 40% (women) of your weight
  - #2 How many military sit-ups you can complete in 2 minutes
  - #3 How many times you can jump rope in 2 minutes

**ADDITIONAL EVENTS:** Lots of fun and challenging activities for the entire family!

**1-Mile Family Fun Run:** Open to all ages. An easy out-and-back course on a paved surface. Ribbons awarded to all finishers. All participants must pre-register.

**Office Olympics:** Teams of 2 compete in this wacky course of challenges that are sure to put your office skills, agility, intellect, and laughter 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 5 brief activities in the Office Olympics. Check out these fun past examples:

- **Morning Coffee Rush:** One member of each team fills a coffee mug to the brim, makes their way through a race course, and passes it off to their teammate who returns through the course. The team with the fastest time and least amount of liquid spilled is declared the winner!
- **Deadline Dash:** Teams have 30 seconds to work together and throw as many paper balls into the wastepaper bins several feet away. The team that gets the most paper balls in their bin wins!

**Kids Activities:** Family Fun Run, Kids Obstacle Course, and more fun!

**Beer:** Provided for all participants ages 21+ at the completion of the event while watching Office Olympics and waiting for scoring to be completed. Two drink tickets per participant are included in team packets.

**WAIVERS:** Each participant must sign a waiver to compete. It can be printed from the registration page and emailed in advance to [mestes@FirstCommerceCU.org](mailto:mestes@FirstCommerceCU.org) or completed onsite when you check in at the event.

**SCORING:** Individuals competing in each of the 4 legs of the Corporate Cup Challenge are ranked in the order that they finish. The rankings for each team member are combined for a team composite score (e.g. 1<sup>st</sup>-place finish = 1 point, 20<sup>th</sup>-place finish = 20 points). The team with the lowest composite score is the winner!

**AWARDS:**

**The Corporate Cup** winning team is awarded with the big, beautiful trophy that passes from winner to winner each year. This award is given in the true CCC spirit – co-worker teams coming together to represent their organizations as part of their wellness programs.

**The Spirit Trophy** is awarded to the organization with the greatest number of supporters who come out to cheer on their team. Sign-up sheets for supporters are available at the onsite check-in table.

**The Office Olympics Trophy** is awarded to the team that makes it through the entire Office Olympics course according to the rules and with the fastest time.

**Additional Awards are presented to:**

- 1<sup>st</sup>-place All-Male Team
- 1<sup>st</sup>-place All-Female Team
- 1<sup>st</sup>-place Co-ed Team
- 1<sup>st</sup>-place Male and 1<sup>st</sup>-place Female in each individual race leg

**PARK ENTRANCE FEES & PARKING:** Working Well covers the park entrance fee. Participant parking is at the Gardens, a mile past the Recreation Area – follow signage to parking. If you carpool, passengers may be dropped off at the Rec Area to check in while the driver parks the car. A shuttle van runs from parking to the Rec Area.

**SCHEDULE OF EVENTS:** See the full schedule of events [here](#).

**PACKET PICK-UP:** Event packets for Corporate Cup Challenge teams, Office Olympics teams, and the Family Fun Run MUST BE PICKED UP IN PERSON Thursday, October 6, 9:00 am-6:00 pm at Smith Family Chiropractic, 2447 Millcreek Court #1 (850-325-6468). Each team will receive one packet including race bibs, shirts, Final Team Participants form, and event day instructions.

**REGISTRATION:**

**Fees:**

\$100 per Corporate Cup Challenge Team (includes one shirt for each team member)

\$25 per Office Olympics Team (includes one shirt for each team member)

**Deadlines:**

Teams registered by Friday, September 23 at 5:00 p.m. will receive event shirts. After this deadline, teams may still register until Friday, October 7, but event shirts will not be guaranteed.

**Team Member Designations:**

Teams that are unsure of who will compete in which race leg at the time of registration should enter TBD for any unknown names. A Final Team Participants Form is included in event packets and should be completed and turned in at onsite check-in to confirm names of all team members. If no changes have been made, simply note this on the form. This form ensures accurate score recording and reporting.