



**October 19, 2024**  
**Apalachee Regional Park**  
**Tallahassee, FL**  
**8:30 a.m. – 12:00 p.m.**

## Everything you need to know about the Corporate Cup Challenge!

**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 [5K course](#) used in regional cross-country events and consists of 2 loops.
- 2) **9K Bike Race:** [This course](#) is 3 big loops and consists of a wide non-technical trail that is both grass and dirt. 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.” The farthest distance wins!
- 4) **Strength & Conditioning:** This leg includes 3 individual challenges:
  - #1. *Back by popular demand...*How many times you can flip a tire in 30 seconds (heavier tire for men than women). Check out this [instructional video](#) to help coach you on proper form.
  - #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 whole family!

**Free 1-Mile Family Fun Run:** Open to all ages; pre-registration required. Ribbons awarded to all finishers.

**Office Olympics:** Teams of 2 compete in a wacky series of challenges that are sure to put your agility and laughter to the test. The team with the fastest overall time will be awarded a trophy and bragging rights as *THE Office Olympics World Champion!* Check out these fun past examples:

- **Morning Coffee Rush:** Think relay race with a full coffee mug. Don’t splash and keep moving fast!
- **Deadline Dash:** How many paper balls can you throw into the trash can...blindfolded?

**Kids’ Activities:** 1-Mile Family Fun Run, activities, and loads of fun!

**Beer:** 2 drink tickets provided for each participant age 21+ to enjoy while watching Office Olympics.

### SCHEDULE OF EVENTS:

Time	Event	Location
8:30 a.m.	Participant Check-in	Main Pavilion
9:00 a.m.	Warm-up	Grassy area near Main Stage
9:15 a.m.	1-Mile Family Fun Run	Grassy area near Main Stage
9:15 a.m.	Strength & Conditioning Leg	Back Patio of Main Pavilion
9:15 a.m.	Rowing Leg	Back of Main Stage
9:15 a.m.	Kids’ Activities	Grassy Area near Main Pavilion
9:45 a.m.	Running Leg	Cross Country Course Start Line
10:15 a.m.	Biking Leg	Cross Country Course Start Line
10:45 a.m.	Office Olympics	Grassy Area near Main Pavilion
10:45 a.m.	Finish Line Party	Near Office Olympics
Upon completion of scoring	Awards Presentation	Main Stage

## **REGISTRATION (Early-bird Deadline is October 4 at 5:00 PM!):**

### **New This Year – Working Well Membership Discounts!**

Organizations that are a **Member of Working Well** are eligible for discount registrations! Learn more about Working Well Membership [here](#). Upon joining our membership, you'll receive a Promo Code to unlock your registration discounts. If your employer sponsored this year's Annual Working Well Breakfast, you already qualify for our Membership discount! Email us at [workingwellth@gmail.com](mailto:workingwellth@gmail.com) if you need the Promo Code.

### **Corporate Cup Challenge Teams:**

\$100/team: WORKING WELL MEMBERS until early-bird deadline (event shirts included)

\$125/team: NON-MEMBERS until early-bird deadline (event shirts included)

\$150/team: All registrants AFTER early-bird deadline (no event shirts)

### **Office Olympics Teams:**

\$25/team: WORKING WELL MEMBERS until early-bird deadline (event shirts included)

\$35/team: NON-MEMBERS until early-bird deadline (event shirts included)

\$45/team: All registrants AFTER early-bird deadline (no event shirts)

### **T-shirt Deadline:**

Teams registered by October 4 at 5:00 p.m. will receive shirts. After this deadline, shirts aren't guaranteed.

**LIABILITY WAIVERS:** Each participant must sign a liability waiver. Read and e-sign the waiver [here](#).

**PACKET PICK-UP:** Event packets for both Corporate Cup Challenge and Office Olympics teams **MUST BE PICKED UP IN PERSON Thursday, October 17, 9:00 am-6:00 pm** at Smith Family Chiropractic, 2447 Millcreek Court #1 (850-325-6468). Each team will receive one packet with all materials.

**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 the big, shiny trophy that passes from winner to winner each year in the true CCC spirit of co-worker teams coming together in the name of camaraderie and wellness!

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

**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

### **Team Member Designations:**

If you're unsure of who will compete in which race leg when you register, enter TBD for 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 it on the form.

**PARKING:** There will be ample parking onsite with signs and volunteers to help direct you.