



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!

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: Lots of 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.	Running Leg	Cross Country Course Start Line
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.	Biking Leg	Cross Country Course Start Line
10:15 a.m.	Office Olympics	Grassy Area near Main Pavilion
10:15 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 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. 1st-place finish = 1 point, 20th-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:

- 1st-place All-Male Team
- 1st-place All-Female Team
- 1st-place Co-ed Team
- 1st-place Male and 1st-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.