



Downtown Rocks and Runs: Saturday, August 16, 2014

Corporate Fitness Challenge

Are you the fittest company in town?

Take the **Corporate Fitness Challenge** and prove that your employees are the fittest and fastest in the county!

HOW?

- Put together a team of at least 10 runners/walkers (board members, employees' spouse and children eligible too!) Early registration is \$25 per participant. Event sponsors can even use their free registrations!
- For each team member, put \$5 in the contest "pot." (A team of 10 would put \$50 into the "pot.") This is in addition to registration fee.
- The company with the average fastest runners WINS THE "POT"!!!!
- Be creative! Have your team wear matching gear with your logo on it.
- Winning company will receive bragging rights and a trophy!

Each company needs a team captain to register team on-line: <http://downtownrocksandruns.itsyourrace.com>, then each team member can register individually. Minimum of 10 participants per team.

Participants: To register on-line, (additional fee of \$3 per registration): <http://downtownrocksandruns.itsyourrace.com> Select your team.

There is also a **Corporate Participation Challenge** for the company with the most employees signed up to run/walk. DO NOT have to be in Fitness Challenge as well. Sign up by entering company name when registering. NO ADDITIONAL FEE involved to participate. Trophy awarded to winning company.



Downtown Rocks & Runs is the kick-off for United Fund of Surry's annual campaign to support 26 local non-profit agencies in Surry County and part of Southern Virginia.