

Get Fit

CORPORATE CHALLENGE



Thursday, April 16, 2009

Riverside Military Academy
Gainesville, GA

6:00 p.m. | 6:30 p.m.
Walkers | Runners

5K Corporate Run/Walk

Frequently Asked Questions & Helpful Information

- **Can we bring strollers?** Jogging strollers can be used on the walkers' course only.
- **Are pets allowed at the race?** No pets are allowed.
- **Do we need a team shirt?** Team shirts are encouraged. Remember, we are going to award the best team T-shirt.
- **Will our team have a designated area to warm up in?** Yes, tents are available to rent. Set up can begin after 12:00 pm. Please contact Robyn Lynch (770-532-6206, rlynch@ghcc.com) for more information regarding placement of tents.
- **Do you have to run?** No, walkers are encouraged.
- **Can family members of employees be on a team?** Absolutely, family members are welcome.
- **Is there a minimum/maximum for a team?** No, the top 5 runners' times will be calculated for team awards.
- **How can non-athletic employees participate?** In the best team spirit cheering section!
- **Will there be on-site parking?** Yes, but please car pool with your team members.
- **Will we receive a t-shirt at the race?** Yes. We encourage you to wear your shirt to work on the Friday after the race. Local restaurants will be offering specials to those wearing Corporate Challenge T-shirts. A list of participating restaurants will be available soon.
- **Remember:** No Glass/ No Alcohol / No Smoking.