



**Thursday, April 22, 2010**  
**5K • 6:30 PM**  
**Metropolitan Park**

Jacksonville's Largest Office Party!  
Get Fit Jacksonville!

An event designed to encourage team participation for Corporations, Businesses, Organizations, Schools and Civic Groups

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## THE EVENT

The **CORPORATE RUN/WALK**, which attracts over 3,000 participants, is a 5K run/walk open to employees of corporations, government agencies, financial institutions, and individuals. All levels of runners and walkers are encouraged to participate. Participants receive a souvenir t-shirt and a post-race party billed as Jacksonville's largest office party.

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## WHY PARTICIPATE?

When you run as part of a group or company team, you naturally bond together and create camaraderie. That camaraderie and excitement is carried back to the workplace, increasing morale and teamwork. Physical exercise makes you feel good. You feel stronger and more energetic. Your outlook on life improves and you can handle stress better. Get involved in Jacksonville's largest Office Party - it's good for both you and your company. This event is designed to encourage teamwork.

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## HOW TO GET INVOLVED

You can download the complete team captain handbook, and individual entry forms at [www.1stplacesports.com](http://www.1stplacesports.com).

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## MALE, FEMALE, AND MIXED COMPETITION

A company can have as many teams as they wish in the three different divisions as long as team members are employees of that organization. Employees must work a minimum of 20 hours per week to qualify.

However, for non scoring participation purposes you can put anyone on your team.

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## TEAM CHAMPIONSHIP

Awards will be presented to the first place male, female, and mixed teams at the awards ceremony. These awards will be based on the total times of the top three finishers on each team. One counting team member must be a female in the mixed division. To count in the team scoring, team members must work 20 hours per week. Winning teams employment will be verified.

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## CEO COMPETITION

Anyone participating in the CEO category must be the most senior full-time employee of the company.

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## TEAM SPIRIT AWARD

The company or organization with the most entries (runners & walkers) will be awarded the Team Spirit Cup at the awards ceremony right after the race.

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## RENT A TENT

Enhance the experience by renting a tent for your team. The location at Metropolitan Park will be the perfect meeting place before and after the race. You can bring your own personal refreshments and have your private meeting place. Each 10 x 10 tent comes with a company banner to indicate you tent. A table is included. Bring your own chairs. Cost \$200.

## **TEAM SCORING**

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ChampionChip timing will be used for this event. Each participant will receive a ChampionChip.

## **DIVISIONS**

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### **Banking & Financial**

Banks, credit unions, mortgage companies, stock brokers, and real estate firms.

### **Legal & Professional**

Law firms, police teams, government agencies dealing strictly in law enforcement, Accountants.

### **Medical**

Hospitals, medical centers, clinics, doctor's offices, therapy companies, etc.

### **Transportation**

Railroad, trucking, shipping, automobile dealerships, etc.

### **Insurance**

Life, Health, Auto, HMO's, PPO's.

### **Sales, Retail and Hospitality**

Businesses involved in retail or wholesale sales.

### **Manufacturing & Construction**

Engineers, Architects, Any company involved in manufacturing or construction.

### **Military & Government**

Any division or branch of the military and any government agency, city, state, or federal including education (public or private schools).

### **Media & Communications**

Television, radio, newspaper and magazine, advertising, telephone, computers, paging companies, & electronics, and PR firms.

### **Miscellaneous**

Any company or organization not fitting into one of the other divisions.

## **PACKET PICKUP**

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### **TEAM CAPTAINS MUST PICK UP THE PACKETS FOR THE ENTIRE TEAM!!**

The packets will be available at 1st Place Sports, 3931 Baymeadows Road, at the corner of San Jose Blvd., on Tuesday, April 20th, and Wednesday, April 21st, from 10:00 AM until 6:00 PM. Packets will also be available on the day of race at the starting line. You can have your packets mailed for a nominal fee. Call (904) 731-1900 ext 11 to have your team packets mailed or give us your Federal Express number/UPS or credit card information on the team roster form and we will ship packets on Monday, April 19th.

### **ATTENTION TEAM CAPTAINS!!**

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Each team captain must send a request for a team roster to [carly@1stplacesports.com](mailto:carly@1stplacesports.com). The team captain will be e-mailed a formatted excel spreadsheet that must be returned by e-mail to Kim, Director of Event Registration at [kim@1stplacesports.com](mailto:kim@1stplacesports.com). All supporting individual entries and payments must be received by April 15th.

### **ENTRY FEES**

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<b><u>Cost Per Team Member</u></b>	
Until April 10th	\$20.00
April 11th - April 15th	\$25.00

Sorry, no registration allowed after April 15th!  
**NO REFUNDS!**

Entry deadline for teams is April 15th. Team changes will not be accepted after that date.

### **BIG POST RACE PARTY!**

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Live Music, Free Beer, and Free Food at Metropolitan Park!!

### **RACE SPONSORS**

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Title Sponsor:



