

#8weeks2running5K

What is the Corporate Challenge?

The Southern Tier Corporate Challenge 5K Run and 2.1 Mile Walk event was created by GOACC with the goal of supporting companies in creating internal wellness programs. The event allows local businesses to compete in a participative and competitive basis, while promoting fitness and corporate camaraderie. For the past seven years, the event has hosted an average of 695 participants with most partaking in the walking portion.



Corporate Challenge • June 21, 2018

We Want More Runners...

Yes, our challenge participation numbers are all good and great, but we want you to seek out your employees and challenge them to participate in the run portion this year. There are step by step guides to running a 5K -- Couch to 5K Training; Become a Runner in 8 Weeks; and Run a 5K, among many others online.



Please send this out to your employees

Before you release staff to start in the program, we ask that they consider a few points:

- 1-Please consult your physician before you start any exercise program, if you are over 40, not accustomed to any exercise, or more than 20 pounds overweight.
- 2-Schedule your workouts/trainings.
- 3-Expect bad days.
- 4-Don't rush.

And lastly, please have your employees [email our office](#) to let us know that they are signing up for this FREE program. We are setting up this challenge to

reward those that do complete the program AND also compete in the run portion of our Challenge. **The 8-week program will begin April 23rd.**

Once the employee is registered via email, GOACC will email out several programs to choose from. Their formats are similar (see examples below) ...

Week 1

Session 1 Run 30sec, walk 30sec, repeat 15 times

Session 2 Run/walk 10min (freestyle)

Session 3 Walk 5km, timing how long it takes you

Choose a program

Each week, GOACC will email your employees with encouragement, status of their program, and other tidbits.

After the 8-weeks and the challenge event, GOACC will place all participants name in a hat, and choose winners -- gifts will range from a subscription to a runners magazine, a gift card to local grocery stores, and t-shirts and hats.

Questions? Please call 716-372-4433 or [email our office](#).

Here's to a successful #8weeks2running5K

Register

We would like your employees to fill out this simple registration form. They will keep track of their individual training programs, but we would like to email them for 8-weeks to encourage and help.

FYI on Corporate Challenge

Just a FYI that we are changing the running route for this year's 5K run to keep it in downtown and West Olean. Look for registration information in mid-April. Thanks!

#8weeks2running5K

**Couch
Potato**

**Runners'
World**

Active Plan

**Register
Here**

Program

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