

# #8weeks2running5K

## Training Challenge to RUN the Chamber's Challenge 5K

Plan to Run the 5K in June with this 8-week program

The Corporate Challenge 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.

Yes, that is 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.

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 [info@oleanny.com](mailto:info@oleanny.com) to let us know that they are trying out the 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 29th.

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

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.

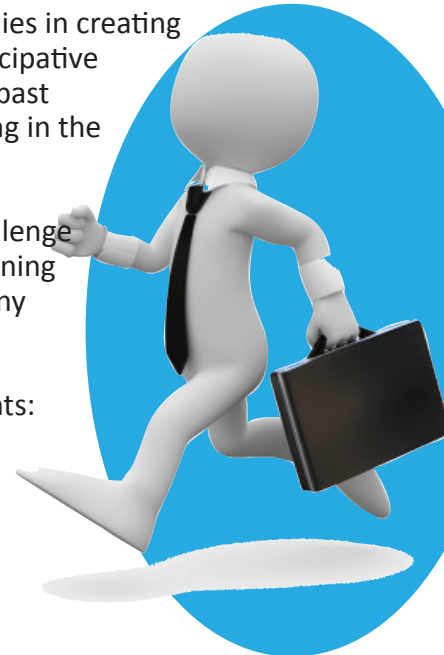
Questions? Please call 716-372-4433 or email [meme@oleanny.com](mailto:meme@oleanny.com).

Here's to a successful #8weeks2running5K

-Greater Olean Area Chamber of Commerce

**Southern Tier CORPORATE challenge**

301 North Union Street • Olean, NY 14760 • 716-372-4433 • [info@oleanny.com](mailto:info@oleanny.com) • 716-372-7912 fax



--Yes, sign me up for this program!

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This program will begin April 26th and run for 8-weeks. You can start now and work up to the Corporate Challenge which is Thursday, June 25th.

GOACC will email you 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.

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Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Your Contact Email: \_\_\_\_\_

Please check all...

- Yes, I understand that I will need to consult my physician before I start this exercise program: if I am over 40, not accustomed to any exercise, or more than 20 pounds overweight.
- Yes, I will schedule workouts/trainings.
- Yes, I will expect bad days.
- Yes, I will not rush.
- Yes, I will download one of the 8-week programs and learn from it :)

Questions? Please call 716-372-4433 or email [info@oleanny.com](mailto:info@oleanny.com).

Here's to a successful **#8weeks2running5K**



The Southern Tier Corporate Challenge 5K Run and 2.1 Mile has been organized by the Greater Olean Area Chamber of Commerce since 2011.

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