

5K Rules

Team Participants

- Teams will consist of 4 runners (any gender)
- 1 E-Sub allowed (Emergency non-employee Substitute)
- Participants must be employees of your company at the time of play (with exception of the E-Sub). See Eligibility/E-Sub rules [here](#)

Event Format

- Each runner will run the 5 km route

Rules

- No dogs or baby strollers.
- If anyone on your team cannot finish the race for any reason, please ensure that they still turn in their timing chip into the finish line. If we do not have a record of your bib at the finish, we can only assume you are still out on the course.

Emergency protocols:

- Please fill out emergency contact information on the back of your bib including your full name, emergency contact information and any allergies or health conditions you have.
- First Aid Station will be located at the Start/Finish line. If you are in need of assistance during the race please contact (or have another participant) contact a:
 - Road Marshall: wearing safety vests and located along the route.
 - Bike Marshall: wearing safety vests and riding the course on bikes.
 - For medical emergencies call 911 first, event staff second.

Severe Weather or Serious Incident

- Upon encountering severe weather, serious incident or other environmental conditions rendering it unsafe to proceed with the race, participants should:
- Stop racing and seek shelter at the nearest public location and wait until conditions improve. If a severe weather emergency does occur, you should seek emergency shelter immediately along the course and stay in that area until the weather situation passes.
- When safe to do so, evacuate the race and travel immediately back to where your vehicle is parked.
- If a weather emergency or serious incident occurs, staff and volunteers along the course will immediately begin notifying the participants.

Scoring

- Order of individual timed finishes as determined by Chip Time will comprise the overall team score
- The number of points individually received is based on your timed place of finish by Chip Time. (i.e. 1st place = 1 point, 2nd place = 2 points, 15th place = 15 points, 193rd place = 193 points, etc.)
- Individual points for each race are added together and the team with the LOWEST total wins Gold, second lowest wins Silver, etc.

Tie Breaker

- In the event of a tie, the team with the fastest runner will be the winner. If there is still a tie, the next pair of runners is compared with the faster runner's team winning, and so on through all 4 pairs of runners. If there is still a tie, the tied teams will participate in a best of 3 rock, paper, scissors match.

Corporate Challenge Points

- Each team that participates will receive 10 PARTICIPATION points.
- The top 6 teams in each division will be awarded CHALLENGE points as follows:
 - 1st place - 10 points
 - 2nd place - 8 points
 - 3rd place - 6 points
 - 4th place - 4 points
 - 5th place - 3 points
 - 6th place – 1 point
- Gold, Silver and Bronze medals will be awarded to the winning teams in each division.

Team Cancellation/No Show Penalty

Cancellations must be emailed to the Corporate Challenge office. If a team must cancel their participation in a sport, the Penalties are as follows:

LAST MINUTE CANCELLATION: (Within 48 hours of your event start time)

Teams that provide written notification (by email) that they are canceling out of an event within 48 hours of the start of the event will be penalized 5 points. A company with participants who register at the event but are unable to register an eligible team will be considered a cancellation and the penalty will apply.

NO SHOWS: (No notification of cancellation)

A No Show will result in a 10-point deduction and disqualification from that sport for the following year. A NO SHOW is a team that has not provided any notification that their team is not participating in an event prior to start time of the event.