



The Bernick's Family Fitness Series Corporate Challenge



Mark your calendars for the 1st Corporate Challenge at the
Anderson Trucking Service
Family Track & Field Day on August 17th
at Apollo High School!

Event Details

- **When:** Saturday, August 17
- **Where:** Apollo High School
- **Cost:** \$20 (*Sign up as a team of 4*)
- **Who Can Sign Up:** Each team must be 4 people, multiple teams from 1 company are encouraged to participate.

Schedule of Events

- 9:00am Opening ceremonies/March onto field!
- 9:05am National Anthem
- 9:10am-11:45am Track and Field Events!

Corporate Events

- 100 Meter Dash
- 1 Mile Run
- Discus
- Long Jump
- Team Challenge - 4x1 Relay - All participants must compete

REGISTER ONLINE at www.scymca.org!

Additional Information

Each member of the team must choose 1 of the Corporate Events they wish to score for their team, only 1 score per event is valid. All members must participate in the 4x1 Team Challenge Relay. Each member of a team may participate in all events throughout the day. To view list of all events: visit www.scymca.org. Event each member is participating in must be decided at time of registration. *Teams may make adjustments up to August 15th*. Teams must be able to prove proof of employment.

Participant Receives.

- Event T-Shirt
- Chance to win GREAT Door Prizes including Twins Tickets
- Chance to win GRAND PRIZE drawings at the 2013 HealthPartners Wishbone Walk / Run

Business Receives.

- Company Logo on Corporate Banner
- St. Cloud Times Recognition as a Healthy Organization
- An opportunity to represent your company as a healthy organization
- Winning business receives a traveling plaque!

Thank you to the sponsors of the Anderson Trucking Service Family Track & Field Day!

- Anderson Trucking Service
- Bernick's
- The St. Cloud Area Family YMCA
- The St. Cloud Times
- 104.7 KCLD
- BLEND (Better Living: Exercise & Nutrition Daily)