

**High Desert Fitness Challenge- 2011
Corporate Challenge**

5K Relay

Event Coordinator: Sam Pulice/Jeff Box

Venue: Mojave Narrows Park

PARTICIPANTS:

Competition consists of a four-person, co-ed running team (2 males/ 2 females).

Runners must be employees of their respective companies. No spouses.

RULES:

1. The run is a 4 lap race equaling 3.1 miles.
2. Each runner will run an approximate 0.8 mile loop and transition/handoff baton to the next runner.
3. The final runner must cross the finish line with baton to complete the race.
4. The course consists of loose and packed dirt.

AWARDS:

Medals will be awarded-

- 1st- Gold
- 2nd- Silver
- 3rd- Bronze

OVERALL TEAM POINT ASSIGNMENT:

- First Place- 10 points
- Second Place- 8 points
- Third Place- 6 points
- Fourth Place- 3 points
- Fifth Place- 1 point