



CORRIDOR CORPORATE *GAMES*

CROSS COUNTRY RACE – 5K

Eligibility

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

General Guidelines

1. All ages and genders of the 5K will run together in one race starting at 8:00 am.
2. 99% of the course is grass. Spikes may be worn but are not required.

CCG Point System

- The Cross Country Race will be held as a single event. Individuals will compete within their gender and age group against competitors from all divisions
 - **Age Groups: 18-29, 30-39, 40-49, 50+**
- Points will be awarded to the top four finishers in each age group (**by division, gender, and age group**) as follows:

5K Cross Country Race	
Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

- Participation points will be awarded for individuals in the Cross Country Race. To receive **10** participation points, individuals must complete the course as designed.