



Participation Scoring:

The maximum amount of points any company can receive for this category is 300 points. Individuals can participate in as many of the participatory events as they wish. Points will be awarded for the below events on the following points scale:

Division 1 – 10pts per participant

Division 2 – 8pts per participant

Division 3 – 6pts per participant

Division 4 – 6pts per participant

1. 3K Fitness Walk

An unlimited number of individuals can participate in the walk per company. Walkers will score points for their team based off the participation points scale. This will be a non-timed event.

Family members and friends can participate in the Fitness Walk but will not score points for a team. **Every participant must have an event bib to score points and all friends and family members must sign an event waiver!**

2. Yoga Class

An unlimited number of individuals can participate in the class per company. Participants will score points for their team based off the participation points scale. There will be an all-levels class offered at 8AM, 9AM, 10AM, and 11AM lasting approximately 45 minutes. Family members and friends can participate in the class but will not score team points. A limited number of yoga mats will be available on a first-come, first-served basis, but participants are encouraged to bring their own. **Every participant must have an event bib to score points and**

all friends and family members must sign an event waiver!

3. Zumba Class

An unlimited number of individuals can participate in the class per company. Participants will score points for their team based off the participation points scale. There will be an all-levels class offered at 8AM, 9AM, 10AM, and 11AM lasting approximately 45 minutes. Family members and friends can participate in the class but will not score team points. **Every participant must have an event bib to score points and all friends and family members must sign an event waiver!**

4. Total Body Fitness Class

An unlimited number of individuals can participate in the class per company. Participants will score points for their team based off the participation points scale. There will be an all-levels class offered at 8AM, 9AM, 10AM, and 11AM lasting approximately 30 minutes. Family members and friends can participate in the class but will not score team points. **Every participant must have an event bib to score points and all friends and family members must sign an event waiver!**

5. Non-Competitive Scoring 5K & 10K Runners

Any participant who competes in the 5K and 10K races, but does not score competitive points for your team, will receive participation points based on the participation points scale. Every participant will need a bib with a timing chip to score in this event.

6. Virtual Corporate Challenge Webinar Attendance

Any participant who registers and attends one of the pre-event virtual corporate challenge webinars will receive points counting towards the overall participation points category.

7. Cycling Time Trials

Each team will be permitted to enter an unlimited number of participants; however, only the top five (5) finishing cyclists, with at least two gender identifications i.e., Male, Female, Non-Binary, will receive competitive points. Any additional participants can score points through the participation points scale.

