



Governor's Cup Columbia's Fittest Company 2009

How fit is your company? Wouldn't you like to find out? Here's your chance! The Governor's Cup Committee is excited to announce a new category in this year's race: **Columbia's Fittest Company Challenge**. This is a great opportunity for some friendly competition between area businesses and a wonderful way to promote health and wellness within your company!

"Companies" can include entities such as for profit and non-profit organizations, school corporations and colleges, and other such businesses. Companies will be separated into three categories: Small (1-100 employees), Medium (101-500), and Large (501+). Awards will be based on these categories.

The Columbia's Fittest Company Challenge will be based on a points system as follows: for each employee who finishes a race, your company gets one point per mile finished. For points to be counted employees must register properly with their company and cross the official Governor's Cup finish line.

- Half-Marathoners = 13.1 points
- 8k Runners = 5 points
- 4 Mile Walkers = 4 points
- Volunteers = 1 point

A "team captain" must be assigned to each company to be the point of contact between the Governor's Cup Race Committee and your company team.

To get involved please contact info@eggplantevents.com or (803) 404-4142.

www.governorscupsc.org