

ST. PATRICK'S DAY RUN

PRESENTED BY RUNNERSWORLD TULSA



CORPORATE CHALLENGE



WHAT IS THE CORPORATE CHALLENGE?

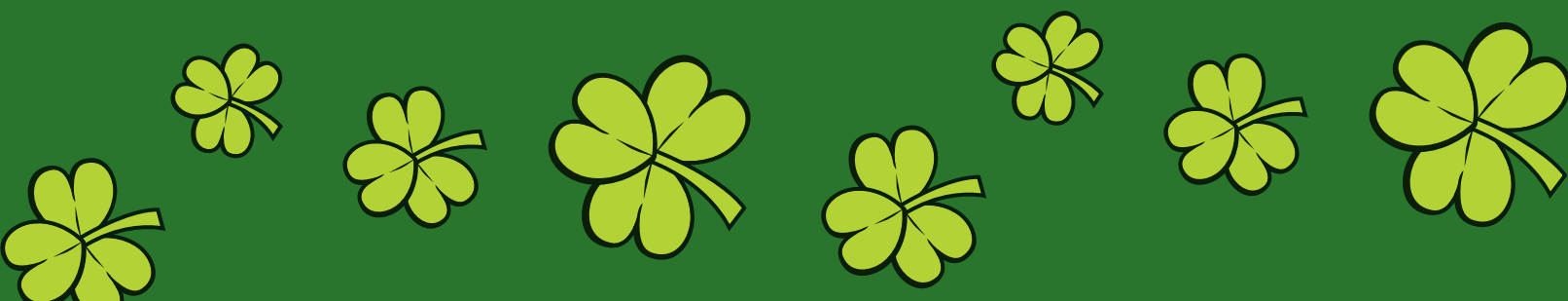
Challenge - something that by its nature or character serves as a call to battle, contest, special effort, etc. Here's your running call to battle. Take the challenge and put your team up against thousands of others taking part in the St. Patrick's Day Run. Battle it out with other local companies for bragging rights.



CORPORATE CHALLENGE CATEGORIES

You can compete in any of the four categories. Awards will be given to the top company in each category:

- **Fastest Team:** Each company's 5 fastest times in the 5K will be totaled and the lowest combined score will earn the distinguished title of *Fastest Team* and receive an award.
- **Most Participants:** The company with the most participants will receive the *Shamrock* award. Employees can sign up for the 5K or 1 Mile Fun Run.
- **Best Costume:** Encourage your coworkers to have fun and dress up in their best St. Patrick's Day costume. Awards will be given for Best Costume, Best Child's Costume and Best Team Costume.
- **Top Fundraising:** Why not raise money for a great cause? The Top Fundraising company will receive the coveted Pot O' Gold award.



EMPLOYEE WELLNESS

Does your company have an Employee Wellness Program? Many companies today have an Employee Wellness Program to help with work place morale, decreased health care costs, reduced absenteeism, increased productivity, increased company loyalty and many others. The St. Patrick's Day Run has made it easy for you to participate in a great race that will help enhance your Employee Wellness Program and allow you to help a great cause at the same time.

INCREASED
COMPANY LOYALTY



INCREASED
PRODUCTIVITY

TEAM BUILDER



DECREASED HEALTHCARE
COSTS

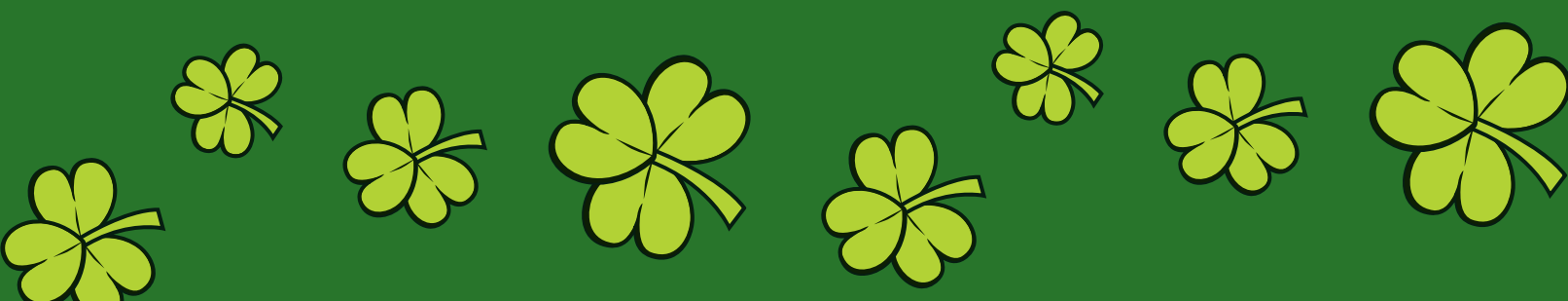


REDUCED
ABSENTEEISM



WHAT ARE THE BENEFITS?

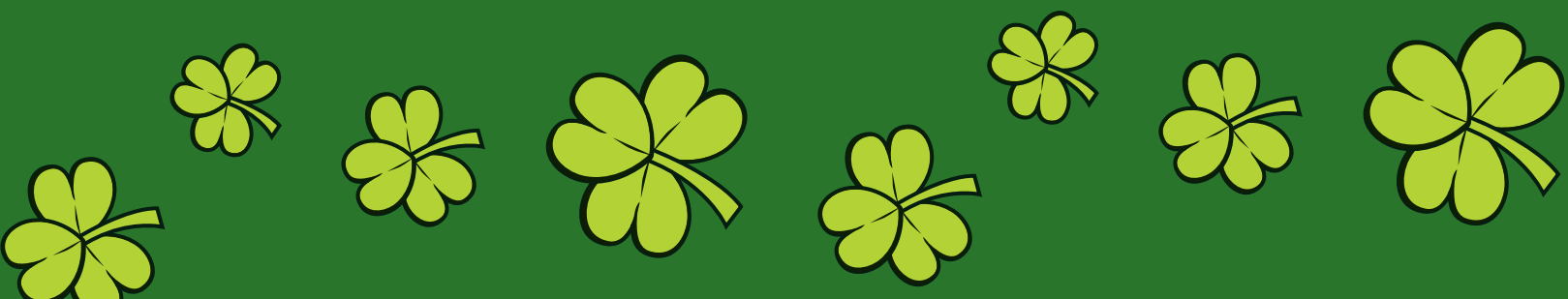
- Great employee morale builder.
- Free race entry for the Wellness Coordinator.
- Company will be recognized at St. Patrick's Day Run.
- Reduced entry fees for teams
 - 10% for 20+ runners
 - 15% for 50+ runners
 - 20% for 100+ runners
 - * Entry can be paid by the employer, employee, or a combination of both if the employer wishes to pay for a portion of the entry.
- Your company banner displayed and tent (provided by company) in the Corporate tailgating section.
- Sign up over 50 runners and your company can provide an item or coupon in the runners registration packets.
- Access to race artwork if a company wanted to design their own t-shirts.
- Volunteer opportunities for employees who do not want to run/walk.
- Opportunity for a Special Olympics athlete and representative to come speak to your employees before or after race day.



HOW TO GET STARTED

1. Appoint a Team Captain.
2. Email Derek Cain at derek@sook.org to request a code for a free entry for the Team Captain.
3. To register for the race, go to: www.sook.org/stpatrun
4. Add your company by creating a new team or joining an existing team if your team is already listed.
5. Email the registration link to your employees to register. Remind your employees to select your company's name as the team. Custom codes can be set up if your company elects to pay the entire or partial entry fee.
6. Race packets will be available for pickup starting Monday, March 6. Please provide 24 hours' notice to pick up team packets, or individual team members can pick up their own packet at RunnersWorld starting March 9. Teams with 20 or more entrants can have their packets delivered to the company free.

Contact Derek Cain at derek@sook.org or call 918-221-9843 to help get you started in the Corporate Challenge.





FUNDRAISING INFORMATION

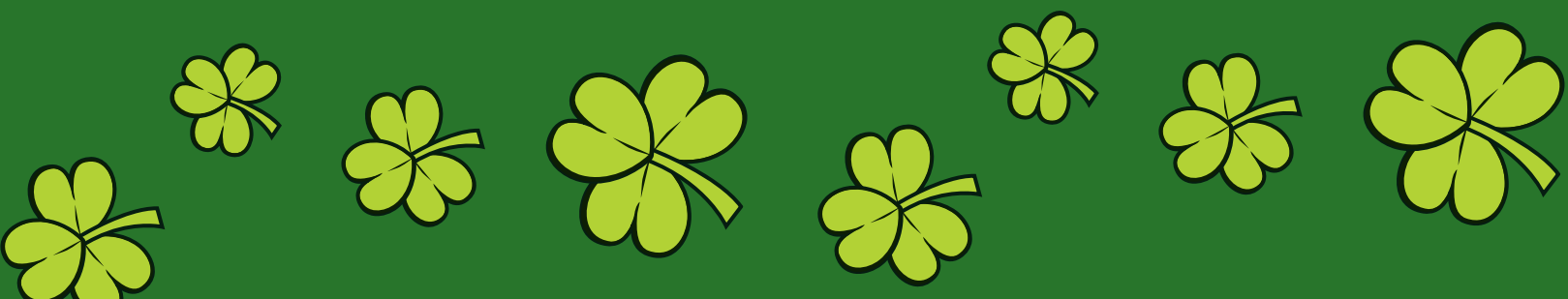
One of the Corporate Challenge awards is for the Top Fundraiser.

Fundraising ideas are endless: collecting money for casual dress days, workplace silent auction with items like a vacation day, special parking spot, have an executive wash your car, home IT support from IT employees, or soccer training from an employee that is a soccer coach.

Shamrock icons are available free for your company to show your support of the race. Employees or customers make a donation, then write their name on the icon and post it in a highly visible place for everyone to see.



Fundraising dollars can be applied to a St Patrick's Day Run sponsorship. Sponsorship levels are \$1,000, \$2,500, and \$5,000. Fundraising commitments must be made prior to January 1 to receive benefits or fundraising dollars can be applied to the following year. Contact Malayna Hasmanis at malayna@sook.org for more information.



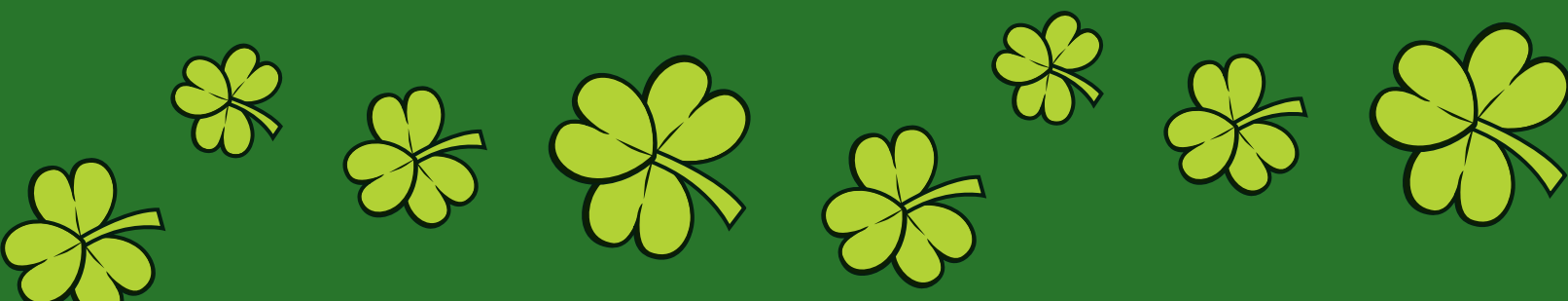


TRAINING PROGRAMS

RunnersWorld Tulsa is the Presenting Sponsor of the St. Patrick's Day Run and the official retailer for the race.



RunnersWorld Tulsa has training programs to help you prepare to run/walk in the St. Patrick's Day Run! Have you ever wanted to start a walking/running program to help improve your fitness? Or were you once a runner, but due to circumstances you have let your fitness go but you are ready to get running again? Joining a training group is a GREAT way to get off the couch and back on the road to a healthier lifestyle! The training program caters to beginner runners/walkers and no fitness level will be turned away. Visit www.runnersworldtulsa.com for more information.





GENERAL INFORMATION



Saturday, March 16, 2024

8:30 1 mile fun run

9:00 5k run



\$40 (13 and over) *

\$30 (12 and under)



The starting and finish line for both the 5K and 1 Mile Fun Run will be at RunnersWorld Tulsa at 3920 S Peoria Ave.

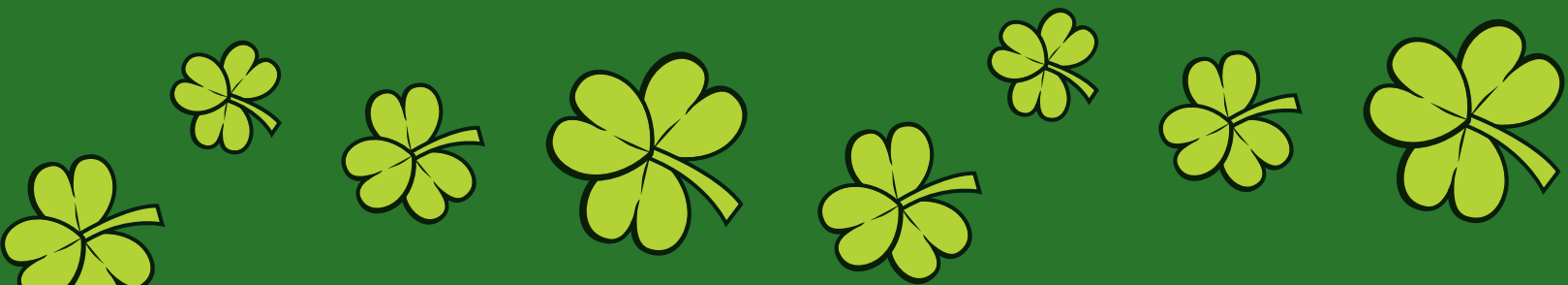


HOW TO REGISTER

Online Registration: Online registration is available at www.sook.org/stpatrun Packets will be available for pickup starting March 14 and March 15 at RunnersWorld Tulsa and also the morning of the race.

In-Person Registration: In-person registration can be completed at RunnersWorld Tulsa starting on March 11 during regular store hours through the morning of the race.

Be sure to *Like* the [St. Patrick's Day Run Facebook Page!](#)





POST-RACE FESTIVITIES

Stick around after the race to enjoy the St. Patrick's Day festivities. Team and individual (top 3 in each age group for male and female) awards will be given out approximately 10:00.

Other activities include:

- DJ and music
- Free Michelob Ultra
- Photo booth

