



presented by  
**ActivePT**  
and Sports  
Physical Therapy

## Corporate and Community Teams 5K Race Challenge

### TEAM UP!

The Med City Marathon race weekend is happening **May 18-19, 2024**, and you and your teams are invited to be part of this great community event!

We are now including a corporate and community team 5K race challenge on Saturday evening! We invite you to put a team together and promote your business, organization, and community teams, in the spirit of health and community wellness.

The Med City Marathon is SE MN's largest racing event and continues the tradition as one of the premier marathon race weekends in the Midwest. The 5K team challenge gives you a chance to promote employee wellness and comradery, and to be a team player in our community wellness. As well, this event works to raise funds for the Ronald McDonald house of Rochester.

### Details:

Teams are made up of AT LEAST 5 runners. If you have 12 or more runners, we recommend hosting 2 separate teams. Teams will all start and race together in the Altra Federal Credit Union 5K. All runners on the team will be chip timed from start to finish. We will take the time of the 5 fastest finishers on your team and add this together. The team with the fastest time will win a traveling trophy (along with individual medals). This timing set up means you do not have to worry about being the fastest person. This event is for anyone and everyone, and the more the merrier! We aim to work on team building and employee health and wellness.

Can I make a team if I am not with a business or organization?

Yes! We will have a division of community teams that you can make with your friends and family members.

The 5K race will be complete with a finisher medal and a custom racer long sleeve. At the finish line, you will have plenty of refreshments, free beer offered to 21+, and a great finish line festival with a live band! Start building your teams!

Awards will be given to "most festive" teams out there! So let's get creative!

More information to come with registration.

### Directions

- RALLY – Get your team or teams together! Support these teams with your organization, businesses, or with friends and family members.
- FIND A NAME – Get a fun team name together!
- REGISTER – Once you have at least 5 team members, get registered at [medcitymarathon.com](http://medcitymarathon.com)
- Note: Businesses, want to pay for your team as part of your own employee wellness? We have easy invoice options for the race as well. Email us at [director@medcitymarathonmn.com](mailto:director@medcitymarathonmn.com)
- TRAIN – Encourage health and fitness with your team, and get ready for an awesome 5K race!
- RACE – See you on race day!

Interested in being an event sponsor?

Shoot us an email at [director@medcitymarathonmn.com](mailto:director@medcitymarathonmn.com) for how you can get involved, support this awesome community, and get your name in front of thousands of people.

- The Med City Marathon Team  
[www.medcitymarathon.com](http://www.medcitymarathon.com)