

Encourage Health and Wellness Among Employees!
Build a Stronger Organizational Team!
Connect with the Community in a New Way!



Eagle Run Corporate Team Challenge Tool Kit





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Team Captain's Checklist

1. You're Hired: Get Started

- Reach out to your co-workers to get an idea of who might be interested
- Be sure to register yourself as a participant if you plan on participating

2. Recruit: Build Your Team

- Invite fellow co-workers to join the Corporate team
- Make sure to invite vendors, clients, friends, and family to join your team!

3. Manage: Motivate

- Set a participation goal
- Add members
- Motivate and communicate through emails (samples included in this guide)
- Print event flyers & training programs (included in this guide)
- Ask your team to share in their break rooms

4. Final: Get the Job Done!

- Attend the 2017 Eagle Run



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Email Communication Examples

E-mail # 1 - Team Captain Introduction

To:

cc:

From:

Subject: Sign up for the 17th Annual Eagle Run

Hi, my name is _____ and I will be your team captain for the 17th Annual Eagle Run. I am here to get you signed up and ready to participate in this fun and community beneficial event. I am also here to answer all of your questions about the run/walk and give you everything you need to recruit your friends, family members and co-workers to be a part of our team

To register, visit the event site today at:

<http://www.hermescleveland.com/roadracing/events/eagle.asp> and go to the registration page to sign up to be a part of our team. If you need assistance registering, please contact me and I will be able to help.

As we get closer to Saturday, May 27, I will be your source for information on the event. From race packets to parking information, I am here to assist in any way possible. Please feel free to send me an e-mail anytime.

In the meantime, tell all of your co-workers, friends and family about the 16th Annual Eagle Run. It truly is a one-of-a-kind event full of fun, fitness and camaraderie.

Thank you,

Name _____

Title _____

Phone Number _____

E-mail _____

E-mail # 2 - Pitch to Recruit Team Members

To:

cc:

From:

Subject: Sign up for the 17th Annual Eagle Run

Hi, my name is _____ and I am your corporate team captain at [COMPANY NAME] for the 17th Annual Eagle Run. If you haven't done so already, I encourage you to sign up today. What's in it for you? Once you register, you will have receive/have access to the following:

- Include your incentives here

Visit the event site today at:

<http://www.hermescleveland.com/roadracing/events/eagle.asp> and go to the registration page to sign up to be a part of our team. Be sure to choose _____ your _____ company name _____ so you can run alongside your colleagues, family and friends. Don't miss the fun!

Thank you,

Name _____

Title _____

Phone Number _____

E-mail _____

E-mail # 3 – Last Minute Information

To:

cc:

From:

Subject: Important 17th Annual Eagle Run details

It's here! After weeks of training, your hard work has paid off. The 17th Annual Eagle Run has arrived! Please review the event details below to ensure a smooth and successful event!

PACKET PICKUP

Friday, May 26 (4:00pm - 7:00pm)
Avon High School
37545 Detroit Road
Avon, Ohio 44011

RACE LOCATION –Saturday, May 27th

Avon High School
37545 Detroit Road
Avon, OH 44011

START TIMES

Registration - 6:45am
5-Mile Run - 8:00am
5K Run/Walk - 8:15am
1-Mile Kids Fun Run - 9:30am

On event day, please call my cell phone if you have questions _____.

Thank you,

Name

Title

Phone Number

E-mail



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Suggested Training Program

Easing into a running program gradually is the safest, most effective way to get started. The beginners' training program outlined below is to help transform you to a runner, getting you running three miles (or 5K) on a regular basis in just two to three months. Also, be sure to check with your physician before starting any exercise program.

Each training session should take about 25 or 30 minutes, three to four times a week. Be sure to space out these workouts throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your body adapts to the new stresses and your body is fitter. For now focus on gradually increasing the time or distance you run. Again, if the program below is too aggressive, reduce the workout time or amount of jogging, or both.

| | | | |
|--------|----------------------------------|---------|------------------|
| Week 1 | Walk 4 minutes, Jog 1 minute | 5 times | 25 minutes total |
| Week 2 | Walk 3 minutes, Jog 2 minutes | 5 times | 25 minutes total |
| Week 3 | Walk 2 minutes, Jog 3 minutes | 6 times | 30 minutes total |
| Week 4 | Walk 1 minute, Jog 4 minutes | 6 times | 30 minutes total |
| Week 5 | Walk 1 minute, Jog 5 minutes | 5 times | 30 minutes total |
| Week 6 | Walk 1 minute, Jog 6 minutes | 5 times | 35 minutes total |
| Week 7 | Walk 1 minute, Jog 7 minutes | 4 times | 32 minutes total |
| Week 8 | Walk 1 minute, Jog 8 minutes | 4 times | 36 minutes total |



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Show your **[COMPANY NAME]** Spirit!

Looking for something fun and healthy to do with your fellow co-workers? Do you want to help support the Avon schools and other local organizations?

Then join us in the 17th Annual Eagle Run!

Who: You and your fellow co-works, family and friends

What: The 17th Annual Eagle Run

When: Saturday, May 27

Where: Avon High School, 37545 Detroit Road, Avon, OH 44011

Your Team Captain is **[CAPTAIN NAME]**, please contact them for more information on registration.

Good sleep is the key!

Running depletes the body of energy and breaks down muscle tissue. Sleep replenishes the tired body, preparing it for the next expenditure of energy. But sleep deprivation has been shown to decrease the production of glycogen and carbohydrates that are stored for use during physical activity.

Running Shoe 101:

There are a few basic properties you should look for in a good shoe. First, the heel counter of the shoe should be rigid. This part of the shoe helps control the overall motion of the foot. Another quality is the midsole. The midsole should be rigid as well. To check for this, grab the shoe, and try to bend the shoe in half. If the shoe bends through the midsole, then it will not provide adequate support through your arch. An additional quality to test for is the flexibility in the forefoot or the front of the shoe. For most activities, the forefoot needs to bend.

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Presented by:



Run

Have fun and get healthy with some tips from Mercy!

Hydration during the race:

During the race, try to drink 4-8 oz every 15 minutes. After the race is over, try to consume 16-24 oz of fluid for every pound lost through exercise via sweat. However you don't have to weigh yourself before and after to find this out. You can simply make it a goal to drink at least 16 oz of water. - Katie Hoover, Clinical Dietitian, Mercy

What to eat after?

After the race, be sure to repair lost muscle tissue by consuming food within 15 minutes to one hour. Your body is also depleted of it's fuel: carbohydrate. Choose a combination of carbohydrate and protein such as: Graham crackers with peanut butter or a banana with low-fat milk. - Katie Hoover, Clinical Dietitian, Mercy

Pain Meds Can Increase Your Risk of Injury:

A painkiller blocks pain, which means you'll be able to push harder when working out. But sometimes it's in our best interest to feel pain. Pain is our body's way of telling us that something is wrong. Sometimes the pain is just typical muscle fatigue that comes with running, but other times it can be a warning sign of an injury. If you push through that type of pain, you could worsen the injury and lengthen the recovery process.

Always remember the 10% rule.

When training for a race, whether a 5k, 10k, or marathon, always remember the 10% rule. The 10% rule refers to the amount of weekly mileage you are logging. As you progress through your training program, never increase your total weekly mileage by more than 10%. For example, if you currently log 20 miles in one week, then increase you're mileage the following week to 22 miles. Paying attention to your body, and slowly increasing your weekly mileage will help decrease the likelihood of injury. - Dr. Rachel Bastings, PT, DPT, Physical Therapist, Mercy

Stretching

Stretching and mobilizing your soft tissue is important for all runners and athletes. Many individuals spend most of the day sitting, leading to shortened soft tissues -such as your hamstrings and quadriceps. Decreased muscle length will cause unnecessary tightness when running, leading to a decreased stride and form deficits. It is best to stretch after a short warm up and after your run to maintain muscle flexibility, resulting in improved mobility. - Dr. Rachel Bastings, PT, DPT, Physical Therapist, Mercy

For more information on Mercy Occupational Health services, please call Rick Svat, director of occupational health, at: (440) 233-1063

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Free Company Health Screening

At Mercy Occupational Health Center, your employees get compassionate, comprehensive care in one location. And you get one combined invoice for cost-effective services that include:

- Case management
- Drug and alcohol testing
- Fingerprints
- Independent medical exams
- Industrial rehab
- On-site health services
- Physicals
- Radiology and lab services
- Respiratory programs

With more than 25 years serving businesses in northern Ohio, we can develop a health and safety program that meets your specific needs.

This coupon entitles your company to a free health screening fair conducted by Mercy Occupational Health!



One fair per company. Expires 12/31/2017

To learn more about a free health screening at your company, please call Rick Svat, director of occupational health, at: (440) 233-1063