

Medtronic TC 1 Mile

2010 Corporate Team Challenge

Medtronic TC 1 MILE

Dear Runner:

This year marks the 6th annual Medtronic TC 1 Mile. The fun, achievable distance provides companies with an excellent opportunity to get more employees involved. The TC 1 Mile is also the perfect opportunity to jumpstart training for the 5K, 10K, or marathon Corporate Team Challenge competitions in October. So gather your co-workers, lace up your shoes and get ready to hit the streets of Minneapolis!

The team criteria are simple: any corporation, profit or non-profit, and all employees, full-time or part-time, may participate. To qualify for the fastest competition, each corporate team must consist of a minimum of 5 full-time or part-time employees.

First through third place teams will be recognized in the following two categories:

1. FASTEST (the combined times of your three fastest team members), and
2. HIGHEST NUMBER of participants to complete the race.

Enclosed please find the following:

- Corporate Team Challenge Captain's Information
- Team Captain's Checklist
- Team Recruiting Flyer
- Team Competition Rules and Scoring Formula
- Directions for creating a team

Individual registration is online only and opens March 10, 2010. The field will be capped at 3,200 registrants. Corporate Team Challenge participants can register for, and run together in a Corporate Team Challenge Wave.

If you need more information or have questions, please call the Twin Cities In Motion at 763.229.7376 (Catherine) or my number below. We hope to see you and your teammates on May 13, 2010!

Sincerely,

Martin Cassidy
Volunteer Chair, Corporate Team Challenge
Martin.cassidy@comcast.net
612.964.5666



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2010 Corporate Team Challenge

Captain's Information

Who can be a Corporate Team Challenge Captain?

Anyone! Simply recruit co-workers to sign up for and run the Medtronic TC 1 Mile May 13, 2010. To ensure your success as a team captain and a great experience for your entire team, please be prepared to fulfill the captain's responsibilities outlined below. In return you will receive great support from the race office!

Captain's Responsibilities:

1. Team captains will create their team by using our online team registration. The team registration fees will be processed at the time of registration using a credit card. In order to facilitate roster creation and management, team creation will be available starting March 1, 2010 and individual registration starts March 10.
2. Team captains will ensure all team participants are individually registered and have paid their individual registration fee of \$20. Online registration opens March 10, you can register at mtcmarathon.org. Please note: Team captains must include themselves on the team roster if they are running.
3. Team captains will be the contact person for all team members and the liaison to the race office.
4. Team captains will maintain contact with team members until race time.
5. Team captains will ensure all team participants are employees of company. Spouses, friends and family are not to join the team if they are not employed by company.
6. Team captains will advise team members that running under someone else's bib number/registration is not allowed, switching of team member's names is not possible. Individual registrants should check the online registration confirmation page at www.mtcmarathon.org/TwinCities1Mile/confirmationsearch.cfm to ensure their registration has been completed.
7. Team captains will be able to make roster changes online until April 30 via the team management tool provided at the time of registration. Rosters must be finalized by April 30, 2010.
8. Team captains will relay information to team members that they are responsible for picking up their own race numbers and timing chips. Information is available at our website at www.mtcmarathon.org
9. Team captains are recommended to pick team meeting places before and after the race.
10. Team captains will confirm final roster by April 30, 2010. No changes will be accepted after this date.
11. NEW THIS YEAR- After the race is completed and before any results will be sent out, team captains must verify each team member's race results to ensure accuracy of team final results. The marathon office will send final results to the team captains for verification.

The race office will provide all Team Captains with:

1. An online team management tool for creating, updating, and reviewing rosters.
2. Information on where teams can meet before and after race.
3. Ideas to make this event a team building effort, such as recruiting, creating team shirts, pre- and post-race team photo ops, post-race gatherings, etc.
4. The office will provide final results when they are official. (Usually 30 days after race)



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Captain's Checklist

March

- _____ Complete the online team registration and pay team fee. (Visit www.mtcmarathon.org for details. Team entry fee of \$30 will be processed at time of registration with a credit card. Team creation will be available on March 1. All team members must register for the TC 1 Mile individually online beginning March 10.)
- _____ Recruit employees from your company to participate. (*Post enclosed flyer to encourage participation.*)
- _____ Encourage team members to register online early. Registration starts March 10, go to www.mtcmarathon.org to register. All team participants must be individually registered for the TC 1 Mile and have paid their individual registration fee of \$20.00.

April

- _____ Manage your team roster online (adding and/or deleting team members) using the team management tool.
- _____ Organize company cheering sections along the TC 1 Mile Course. Special "Cheers" Zones will be designated, please check our website for these locations: www.mtcmarathon.org
- _____ Create company racing shirts for team members (optional).
- _____ Deadline for creating a team is April 30, 2010.
- _____ Confirm final team roster via the team management tool by April 30. If you have any questions send an email to catherine@mtcmarathon.org
- _____ Have participants check the Registration Confirmation on our website to ensure they are registered and their information is correct: www.mtcmarathon.org
- _____ Review roster to ensure only employees are drafted on team.

May

- _____ RUN AND HAVE FUN! (Bring cameras for pre- and post-race team photos!)
- _____ Encourage your friends and coworkers to join you downtown on May 13th and cheer your team on!



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2010 Corporate Team Challenge Are you in *'fast company'*?

Join co-workers in the Medtronic TC 1 Mile, on Thursday May 13, and find out which metro area company will earn bragging rights as the fastest or the most enthusiastic (as measured by participation)

Show Minnesota that

(add company name)

can rise to the challenge!

Register online for the Medtronic TC 1 Mile beginning March 10, at www.mtcmarathon.org

Enjoy an unforgettable experience of camaraderie and accomplishment! Who knew employee team building could be this much fun?

For more information, contact your company team captain:

(name)

(phone or email)



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One Mile Competition Rules and Scoring Formula

PURPOSE: The purpose is to help build relationships, strengthen your team's work environment, and promote health and fitness.

ELIGIBILITY: Any corporation, profit or non-profit, may participate. All full-time and part-time employees are eligible.

Timed Competition

Each team will consist of a minimum of five employees, each of whom must be individually entered in the TC 1 Mile. Organizations may field as many qualified teams as they like, but each team will be required to pay the registration fee of \$30.

SCORING: The three fastest team member times will be added together for a total team time. The lowest team time wins.

Participation Competition

A plaque will be awarded to the company with the greatest number of employees who register and finish.

AWARDS: The Corporate Team Challenge Plaque will be inscribed with the name of the winning team and team member's names and remain in the team's possession.

TEAM CREATION: Complete the online registration process for forming a TC 1 Mile corporate team. Team registration fees will be processed at the time of registration using a credit card.

FEES: Each team member will pay the individual race entry fee. The team entry fee is \$30 per team and must be submitted online by April 30, 2010. The following is the registration fee schedule:

March 10 - April 28

\$20 - adults 18 and over (USATF members receive a \$2 discount*)

April 29 - May 6 (if cap is not reached before)

\$25 - adults 17 and over (USATF members receive a \$2 discount*)

RULES OF COMPETITION: All teams and team members are required to follow the Rules of Competition outlined at www.mtcmarathon.org.



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Directions for Registering a Team:

1. Go to <http://www.mtcmarathon.org/OneMile/CorporateChallenge.cfm>
2. Click on Create a TC 1 Mile Corporate Team
3. Click on "Create a Corporate Team"
4. In the box on the upper right part of the page click on "Corporate Team Creation"
5. Click on "Create Profile Now"
6. Create a Login and Password and submit information.
7. Login in to Team Tools and use the login and password you created.
8. Click on "Create Your First Team"
9. Complete the team captain information and submit credit card information. You will have successfully registered a Corporate Challenge Team.

To Manage Teams:

1. Go to <http://www.mtcmarathon.org/OneMile/CorporateChallenge.cfm>
2. Click on "Create a Corporate Team"
3. In the box on the upper right of the page click on "Team Tools/Manage Your Corporate Team"
4. Click on "Manage Teams"
5. Follow the instructions to create and manage your rosters.
6. Individuals can add themselves to the team at the time they register or the team captain will be able to put him/her on the team roster after he/she has registered.

Important Dates:

March 1, 2010- Team creation starts online

March 10, 2010- Individual registration begins

April 30, 2010- Deadline for Corporate Team creation

April 30, 2010- Rosters are final on this date. No changes to team accepted after this date.

May 13, 2010- Day of event



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