

MARTINSVILLE BULLETIN HALF MARATHON & 5K



MARCH 24, 2018

CORPORATE TEAM CHALLENGE

BUSINESSES - SCHOOLS – INSTITUTIONS

ALL TYPES

LARGE AND SMALL

- PROMOTE HEALTH AND WELLNESS
- ENCOURAGE TEAM SPIRIT
- FOSTER EXCITEMENT
- ENHANCE COMMUNITY QUALITY OF LIFE
- SUPPORT THE YMCA
- BUILD AN ACTIVE COMMUNITY

On March 24, 2018, the Martinsville-Henry County Family YMCA and Miles in Martinsville will conduct the 8th annual running of the Martinsville Bulletin Half Marathon & 5K. This is the capstone event for our series of races throughout the year. Details can be found at <http://www.milesinmartinsville.com/>

We challenge employers and organizations to become advocates of health and wellness in our community. Your institution can promote health, wellness and camaraderie among associates by encouraging them to run, walk or volunteer in the various activities of this event.

Here's how it works.

- Companies and groups do not need to do anything - except promote it to employees and fellow group members.
- Employees/Group Members register for the events on their own and include the employer or group name on the race registration.
- Organizations with four or more participants will be recognized at the awards ceremony on race day. A banner with names of participating organizations will be displayed near the finish line.

There are many ways for organizations to involve associates.

- Incorporate it into your normal health and wellness messages.
- Those who are regular runners probably are familiar with the event. And can be enlisted to spread the word. We encourage that you use them to spearhead company participation.
- Some employers choose to incent their folks by refunding some or all of the registration fee once the folks have registered.
- Some might offer prizes to participants.
- Groups of employees might form a team and run with company shirts or logos.
- Staff meetings and/or company mailings can be used to create awareness and encouragement.

Keep in mind that employees do not have to run the half marathon to participate. (Although we would love it if everyone chose to do so). Running/walking the 5K can count. Volunteering can count. The point is simply to get folks off the couch and out there doing something! At your request, Miles in Martinsville and the YMCA will provide flyers, speakers, training programs and encouragement to help motivate your associates to participate.

We sincerely hope and anticipate that this program will make sense for your organization. If you would like to discuss further, we are available to meet with you at your convenience. Just call Joe Philpott at 276-252-2011 or email him at braverunner67@gmail.com.

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