

MID-ATLANTIC CORPORATE RELAYS



in cooperation
with the
Potomac
Valley
Track
Club

sponsored by
Potomac Valley Track Club



Sunday, June 27, 1999
T.C. Williams High School, Alexandria, VA



- WHAT:** Corporate track and field events for all ages and fitness levels to exercise corporate fitness and build corporate team spirit. Here is your chance to run around in circles and finally get somewhere.
- EVENTS:** Track and field relay and team events with unique age, gender, and executive requirements. Individual distances range from 100m to 1 mile, plus shot put, discus, and long jump.
- Events are structured for men and women of **ALL** ages, shapes, sizes, physiques, and executive levels
Teams may enter as many or as few events as they like
Points awarded for participation
Family members and friends can run in the accompanying open PVTC races
- TEAMS:** Open to all companies, government agencies, organizations, and military bases
No team size limit. Multiple teams allowed per company
Two companies may join together to form one team.
- AWARDS:** Top five teams overall
Medals to each athlete in top three teams per event. Random prizes
- ENTRY:** \$7 per athlete by June 10, \$12 per athlete after June 10. No team entry fee.
- VOLUNTEERS:** Not running? Why not volunteer to make this event as successful and as fun as possible. If you would like to help, contact MACR (below).



Gather your co-workers and exercise your corporate fitness

Join the team fun!



For more information contact:

MACR
(703) 808-5409 or
(703) 360-6721
MACAA@angelfire.com



Feel the excitement!