

# MID ATLANTIC CORPORATE RELAYS



*in cooperation with the Potomac Valley Track Club*



June 10-11, 2023  
Alexandria City High School, Alexandria, VA  
[www.grunsports.com/macr/](http://www.grunsports.com/macr/)



## Gather your co-workers and exercise your corporate fitness

- WHAT:** A fun team competition with exciting track and field events for all ages and fitness levels. A team-building activity that is more than just an exercise.
- EVENTS:** Team relays and individual races as well as field events with unique age and gender requirements. Events are structured for men and women of **ALL** ages. Some events are gender/age-adjusted. Individual track distances range from 100m to 3000m. Field events include shot put, discus, high jump and long jump. Teams may enter as many or as few events as they like.
- TEAMS:** Open to all companies, government agencies/offices, military branches/bases and clubs. Teams consist of employees, immediate family members, contractors, alumni. No minimum team size. No team size limit. Multiple teams allowed per company. A team can enter one event, several events or all the events.
- ENTRY:** To register your team, email: [macr@grunsports.com](mailto:macr@grunsports.com). Standard PVTC entry fee per athlete (\$10 PVTC member, \$20 non-member).
- 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@grunsports.com](mailto:macr@grunsports.com)

## SPONSOR

- SPONSORS:** The MACR needs your support - become a general sponsor or pick an event. Sponsor the awards for an event, several events or the entire meet and add your name to those event(s). Contact [macr@grunsports.com](mailto:macr@grunsports.com) for sponsorship opportunities.



Join the team fun!



For more information visit:

[www.grunsports.com/macr/](http://www.grunsports.com/macr/)



Feel the excitement!