



CEDAR VALLEY **CORPORATE *GAMES***

FITNESS WALK

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Cedar Valley Corporate Games in order to receive team points. This event and course is open to the public and participants are encouraged to walk in groups.

General Guidelines

1. This is a non-competitive walk. You may walk, jog, or skate at your own pace. Pets may accompany participants; however, they must be on a leash.

CVCG Point System

- Participants will be awarded **10** participation points. No medals will be awarded.