



WELLNESS AT WORK

# 2013 Great Race Mayor's Team Challenge



CITY OF  
**PITTSBURGH**  
"AMERICA'S MOST LIVABLE CITY"  
LUKE RAVENSTAHL, MAYOR

RICHARD S. CALIGUIRI  
CITY OF PITTSBURGH  
**Great Race**  
**September 29, 2013**

presented by  
**HIGHMARK**   
An Independent Licensee of the Blue Cross and Blue Shield Association

## SUNDAY SEPTEMBER 29 2013

Contact your Department,  
Bureau, or Authority  
liaison to sign-up  
(liaison list on back)

For more information on  
the Great Race, visit

[www.RunGreatRace.com](http://www.RunGreatRace.com)

Mayor Luke Ravenstahl and CityFit offer City employees a Team Challenge for the 10K portion of the Richard S. Caliguiri Great Race. This year the Great Race is on Sunday, September 29, 2013.

### TEAMS & REGISTRATION FEES:

Teams must be comprised of 3 to 5 members. Teams can be all runners, runners and walkers, or all walkers. Walkers must maintain a 13 minute/mile pace over the 6.2 mile course. The team competition applies to the 10K only.

- Each City Department, Bureau, or Authority will receive one complimentary Great Race team entry. This is on a first come-first serve basis per each Department, Bureau, or Authority. All registration fees will be waived (individual and team) for the members on the first Department, Bureau, or Authority team.
- Members of the second and subsequent teams that are not the first registered teams for a Department, Bureau, or Authority will be able to register at the discounted rate of \$20.00 per team member. The team registration fee of \$25.00 will be waived.
- If there are not enough runners from a Department, Bureau, or Authority to form a team, then your department liaison in conjunction with a CityFit liaison will assemble a "mixed" team with members from other departments. A maximum of five (5) "mixed" teams are permitted and all registration fees will be waived (individual and team) for each member of a "mixed" team.

### AWARDS & CEREMONY:

The Department / Bureau / Authority with the fastest team will receive a plaque, along with medallions for each of the team members. All other finishing participants will receive certificates of completion. The awards will be presented by the Mayor in City Council chambers.



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