

5K Participation Challenge



Goal: The goal of this challenge is to condition and complete a 5K

Requirements: Log 4 practice times (does not need to be for full 3.1 miles)

Attach a copy of 5K race registration and copy of entry number

Deadline: Submit completed for to Auditor's Office by November 30, 2026

Events: For local races and hikes, check out GrandLakeHealth.org for Road to Fitness events

Practice # 1

Date _____

Activity

☐ Run

☐ Walk

Time Spent _____

☐ Jog

☐ Other _____

Practice # 2

Date _____

Activity

☐ Run

☐ Walk

Time Spent _____

☐ Jog

☐ Other _____

Practice # 3

Date _____

Activity

☐ Run

☐ Walk

Time Spent _____

☐ Jog

☐ Other _____

Practice # 4

Date _____

Activity

☐ Run

☐ Walk

Time Spent _____

☐ Jog

☐ Other _____

Name of 5K Event _____ Date of Event _____

Participant Name _____ Employee Name _____

Health Incentives: Each individual challenge completed by a covered employee or covered spouse earns \$25 per challenge into the employee's HSA/FSA. Note: an employee can only submit a max of 4 different challenges completed by the employee and/or covered spouse per calendar year, receiving a maximum health incentive challenge benefit total of \$100. An individual cannot submit a duplicate challenge. Completed forms to be submitted to Auditor's Office by November 30 deadline.