5K Participation Challenge

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

Requirements: You will need to write down 4 practice times (these do not need to be for the full 3.1 miles).

You will also need to attach a copy of your registration and copy of your entry number.

If you and your spouse do the 5K Participation Challenge you both need to meet the requirements. Incentive: Each Challenge you complete maximum of (4) will earn	Practice 1	Date:	Activity: Run Walk Jog Other: ———	Time Spent:
you \$25 per challenge into your Health Savings Account/FSA. Deadline November 30, 2021	Practice 2	Date:	Activity: Activity: Run Valk Jog Other:	Time Spent:
Participant Name: Employee Name: 5K Event Name:	Practice 3	Date:	Activity: Activity: Run Valk Jog Other: ———	Time Spent:
5K Date:	Practice 4	Date:	Activity: Run Walk Jog Other: ———	Time Spent: