

## **HOUSTON CORPORATE RUN COMES TO MEMORIAL PARK OCTOBER 23-26**

This fall, employees from across Houston will be attending the Bayou City's largest office party October 23-26 at the inaugural "Houston Corporate 5K," at Memorial Park. Some of the largest companies in and around the city have already committed employee teams for this corporate health and wellness event, which will be held on the Seymour Lieberman Exer-Trail at historic Memorial Park. While this is a new event in Houston, over 250,000 employees participate in other corporate runs across the country.

A portion of each participant's registration fee will directly benefit Memorial Park Conservancy in its recovery efforts from Hurricane Harvey as well as day-to-day Park care and stewardship. In addition, a 'First Responder Bib' program has been enacted. For each person who registers, a first responder will be offered a free entry to the event and access to the post-race hospitality tent which has been renamed the "Houston Heroes Post-Race Tent."

This will be a one-of-a-kind event not only in Houston, but around the country. It will feature the first known unassigned staggered start. This means participants can select any of the four days that week (Monday, October 23 –Thursday, October 26) to run or walk the 5K and can choose to start at any time on those days between 4 p.m. and 8 p.m. When participants finish their run or walk, they will have a chance to enjoy food sampling, refreshments and free beer (courtesy of Saint Arnold's) in a large tent that will live at Memorial Park that week.

"This event is now focused on much more than health and wellness in the wake of Hurricane Harvey" said Houston Corporate Run 5K co-founder Adam Levinson. "We are thrilled to be able to bring the corporate community together not only to thank our first responders but also to directly help the recovery efforts of Memorial Park which is such an important Houston destination."

"We are happy to be hosting the Houston Corporate Run at Memorial Park" said Cara Rudelson, COO of Memorial Park Conservancy. Rudelson added "The flexible format, the health and wellness component, plus showing our gratitude to first responders and providing much-needed financial support for the Park post-Harvey will make for a great event."

Over 100 employee teams are expected to participate in the event. Awards for the event will be based on a number of different categories including fastest overall company, most number of employee participants from a company, fastest C-level executive and more.

Sponsorship opportunities are available in addition to team participation. Employee registration is \$40 per person and the minimum to form a company team is just four people. If you are interested in individual or team registration or sponsorship information, please email [info@houstoncorporate5k.com](mailto:info@houstoncorporate5k.com) or call 832.974.1690