



## Smith Rock Summer Classic “Run Well” Program

This program is for sponsors, charities, non-profits, community groups and corporations of all kinds to run for a cause, while implementing a wellness program to benefit their organization.

1. **Choose an event on Saturday July 10, 2010:**
  - 5k FUN Run/Walk
  - 10k Run/Walk
  - Half Marathon Run or Walk
  - Challenged Athlete
  - Rock Race for Kids Pre-5<sup>th</sup> grade
2. **Register your team** or teams of your co-workers, company departments, corporate alliances, or sponsors. Go to [www.SmithRockRace.com](http://www.SmithRockRace.com) to get information and register. Follow the registration instructions.
3. **Choose a charity** and participate in any of the 2010 SRRG Events. Give your run/walk achievement even more meaning by raising money for a charity. The Event will provide you with a list of Official SRRG Charities to choose from. The Event Official Charity Donation and Fundraising Program is a fully administered program that provides individualized fundraising pages in an electronic format. If your company already supports a charity on our Official Charity list, the Event program will provide your employees, sponsors and affiliate partners with a fully administered program to increase donations and fundraising. If you wish to run for another charity, contact the Event at [info@smithrockrace.com](mailto:info@smithrockrace.com) to find out how a charity can become part of SRRG donation and fundraising program.
4. **Train!** Training programs, clinics and fun runs are available throughout the local area of Bend/Redmond. Find a program that fits the needs of your Team and get moving!!
5. **Employee Incentive and Wellness Programs!** Companies and corporations can implement the program as an employee incentive and wellness program to establish **or** compliment programs already in place to improve employee wellness and reduce medical insurance premium costs.

Resource information on the benefits of an employee program can be found at:  
<http://www.wellnessproposals.com/workplace-wellness-programs.htm>  
[http://naturalhealthcare.ca/benefits\\_of\\_a\\_wellness\\_program.phtml](http://naturalhealthcare.ca/benefits_of_a_wellness_program.phtml)

**It's easy to Run Well! Create a team, choose a charity, and *train!***

**For further information, contact: Rosemary [info@smithrockrace.com](mailto:info@smithrockrace.com)**

