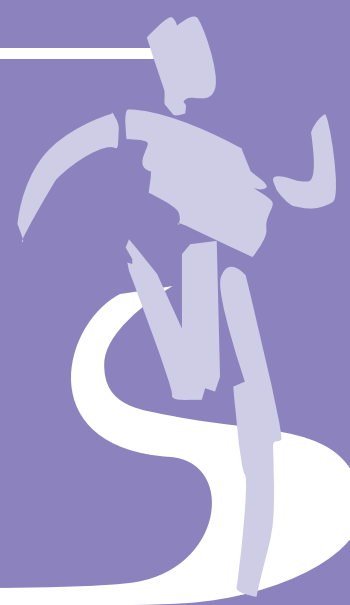




KAISER PERMANENTE®

Corporate Run/Walk & Fitness Program



Fun, Fitness and Company Camaraderie!



Get Active Atlanta! FREE 8 - Week Training Program

Walking & Running Training Opportunities
July 27 - September 24, 2015

powered by



Corporate 5K Run/Walk & Office Party

Thursday, September 24, 2015

6:30 p.m.

Adjacent to Turner Field



LA | FITNESS®

Complimentary 30 Day work out pass

May 5 – September 24

Info@KPCorporateRunWalk.com | KPCorporateRunWalk.com

BROUGHT TO YOU BY:



KAISER PERMANENTE®



TO BENEFIT:



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Team Captain/Co-captain _____ E-mail _____ Phone _____



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The 2015 Kaiser Permanente Corporate Run/Walk & Fitness Program is a unique workplace-organized fitness promotion. It encourages a physically fit lifestyle for everyone, from walkers to joggers to competitive runners. Beginning with Get Active Atlanta! This 8-week training program includes weekly fitness tips, nutrition webinars and motivational health and wellness clinics. The series culminates with a 5K run/walk through downtown Atlanta. The evening includes the "World's Largest Office Party", live music by The Rupert's Orchestra, Best Self Magazine Expo, complimentary photos and much more.

The event is open to teams from companies of all sizes as well as to individuals.

Each company has a team captain to recruit and coordinate employee enrollment and participation. Awards are presented to company teams for times, participation numbers, T-shirts and employee wellness/fitness programs. A portion of the proceeds will benefit the Atlanta Community Food Bank, Back on My Feet and the Atlanta Braves Foundation.

Go to KPCorporaterunwalk.com for registration information and details on Get



TO BENEFIT:



BROUGHT TO YOU BY:



ONLINE WEBINAR 12:00 p.m. – 12:30 p.m.	
Thursday, June 18	Eating Healthy: Tips to go from Poor to Power House Nutrition, Kelly Franckowiak, RD, LD online
MOTIVATIONAL MEETINGS 8:15 a.m. – 9:00 a.m.	
Saturday, August 29	See Something, Say Something, Do Something: How to not be a victim of a crime while running, at home and on the go! Colonel Wayne Mock Phidippides – Ansley Mall
Saturday, July 18	Lose weight, What Works!: Ann Whitaker, RD, LD, CDE Phidippides – Ansley Mall
Saturday, August 22	Power Up Your Nutrition: The Power of a Plant Based Diet (Food Sampling), Winnie Foley, RD, LD, CDE Phidippides – Ansley Mall
INFORMATION MEETINGS	
May 19	Park Tavern, 6:00 - 8:00 p.m. 500 Tenth Street, NE, Atlanta, GA 30309
June 3	Elavon, 6:00 - 8:00 p.m. Two Concourse Parkway, Atlanta, GA 30328
June 24	Jason's Deli Buckhead 7:30 a.m. - 9:00 a.m. 3330 Piedmont Road, Atlanta, GA 30305
July 8	Waffle House Headquarters, 6:00 - 8:00 p.m. 5986 Financial Drive, Norcross, GA 30071
July 21	Lease Plan USA, 6:00 - 8:00 p.m. 1165 Sanctuary Parkway, Alpharetta, GA 30009
CORPORATE WELLNESS SEMINAR	
July 7	Wellness Seminar with Jeff Galloway Phidippides, Ansley Mall, 8:00 - 11:00 am 1544 Piedmont Ave NE #119 Atlanta, GA 30324
GET ACTIVE ATLANTA! 8-WEEK TRAINING PROGRAM	
July 29	Wednesday Runs / Walks with Pace Groups Phidippides – Sandy Springs 6:15 p.m. - 7:00 p.m.
July 30	Thursday Runs / Walks with Pace Groups Phidippides – Ansley Mall 6:30 p.m. - 7:15 p.m.
August 1	Saturday Morning Runs / Walks with Pace Groups Phidippides – Ansley Mall 8:00 a.m. - 9:30 a.m.
August 8 – September 19 (Except September 5)	Saturday Morning Boot Camp Celebrity Fitness Trainer Tammie Leadly – Piedmont Park Athletic Field 7:00 a.m. - 8:00 a.m. Limited Space
May 5 – September 24	Complimentary 30 Day work out pass: LA Fitness All LA Fitness Area Locations
DATES TO NOTE	
May 1	Online Registration Begins
August 24	\$37 late entry fee applies, 5 p.m.
September 21	T-Shirt Contest Deadline
September 21	Online Registration Deadline, 12:00 p.m.
THE MAIN EVENT!	
September 24	Kaiser Permanente Corporate Run/Walk & Office Party 6:30 p.m., Downtown, Adjacent to Turner Field





KAISER PERMANENTE[®]
Corporate Run/Walk
& Fitness Program



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Walkers	3



Info@KPCorporateRunWalk.com | KPCorporateRunWalk.com



JEFF GALLOWAY, EXECUTIVE PRODUCER

Produced by Phidippides Runners, RRCA

4651 Roswell Rd., Suite I-802 • Atlanta, GA 30342

404.843.8727

For Sponsorship Opportunities

Cornelia Stumpf | cornelia@cscpconsult.com | 912- 692-8992



Get Active Atlanta!
FREE 8-Week Training Program
July 27 - September 24, 2015



Complimentary 30 Day
work out pass
May 5 – September 24



5K Run/Walk
& Office Party
Thursday, September 24
6:30 p.m.
Adjacent to Turner Field
NEW ELECTRONIC TIMING!

1 Registration • Captains Information

Registration for 5K Corporate Run/Walk

Entry Fees:

\$32 through August 24, 2015 11:59 p.m.

\$37 August 25, 2015 - September 21, 2015, noon

NO RACE DAY REGISTRATION

Registration:

All teams must be registered online, regardless of whether team members register online or offline.

Offline Only: Company Captains should submit a Runner/Walker Release Form for each participant, alphabetized Company Roster, Company Registration Form and Tent Reservation Form (if applicable).

How to Register :

1. Online registration – May 1 - September 21, Noon

KPCorporateRunWalk.com

- Team Captains – first, sign up your company online.
- Individuals – sign up, choosing your company (if affiliated).
- Tents may also be ordered online by captain. A discount is available for paying by check by August 24, 2015

2. Mail – May 1-August 31, 2015 – Mail payment & registration to:

Kaiser Permanente Corporate 5K Run/Walk, 4651 Roswell Road, I-802, Atlanta, GA 30342

Payment:

Online & Offline: Include: Entry fee, UPS and tent fee (if applicable)

VISA, MasterCard, American Express & Checks accepted. Please make checks payable to JFG, Ltd and indicate what check is for to ensure proper allocation.

Race Number Pickup

- Register online by August 31 at Noon and your number will be shipped via UPS or picked up at Phidippides Ansley approximately September 10-11 - we will notify captains when the numbers are at the store.
- Register online September 1-7, pick up your number by last name at Phidippides Ansley Sept. 14-18.
- Register September 8-21 at noon and pick up your number by last name at the race.

Race Packages for captains will include:

- Walker & runner numbers for all officially entered participants
- Company Roster Form with assigned race numbers
- Race Day Information for Captains and participants
- Team, Captain and CEO Scorecards
- Event site map and schedule (**Note separate walker and runner start areas.**)

Team Captains:

Distribute race numbers and race information to all team members.

Who Can Participate?

Individuals: Individuals are welcome!

Teams: Encourage family, friends & neighbors to form a team!

Company Teams: A team may enter an unlimited number of runners, joggers and walkers. Participating part-time employees, family members and friends as well as those under 18 may count toward Participation Awards but are not eligible for individual or team awards. Due to insurance restrictions, baby joggers, strollers, animals, skates or other vehicular apparatus are not allowed on the race course. Employment and other criteria are subject to verification by Race Committee.

Team Photo Signup

Time Slots Book Fast. Early Signup Encouraged!

Signup will start at the May 19 Captain Information Meeting.

Info@KPCorporateRunWalk.com | 404.843.8727

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Thursday, September 24
6:30 p.m.
Adjacent to Turner Field

NEW ELECTRONIC TIMING!

2 Maps • Parking • Buses



Please check
NEW 5K Course Map at
KPCorporateRunWalk.com

Area Map

Take MARTA to the GSU (East-West line) rail station and walk South on Capitol Avenue. All available authorized lots on the east side of 75/85 could be filled by 4 p.m., and Hank Aaron Drive may be closed (Hank Aaron is only closed from Fulton to RDA from 3PM on.) Those who arrive after 4 p.m. may be directed to the lots on the west side of 75/85.

Parking Arrive Early!

Parking Fee: \$10/car for all Braves lots & \$30/bus (cash only)

Bus Parking/Dropoff

Buses must arrive before 5:00 p.m. Please inform our office if you are planning to use bus to transport your team so that we can provide specific information. Info@KPCorporateRunWalk.com or 404.843.8727.

Directions

When travelling 75/85 S, exit University Avenue (one exit South of Fulton Street)

NEW! 5K Course Map

5K course has been distance-verified.

Watch for separate Walker and Runner Start lineups.

1. Walkers
2. Runners & Joggers
3. Seeded Runners (qualifying 2014-2015 event list due by August 31 with registration)
4. Elites & CEOs (qualifying documentation for Elites due by August 31 with registration)

Info@KPCorporateRunWalk.com | 404.843.8727

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Get Active Atlanta!
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NEW ELECTRONIC TIMING!

3 5K Start & Lineup • Event Day Information

Starting Line

Follow the signs to the appropriate start areas.

Walkers

Follow the signs to Walker Start Lineup. More than half of event participants will be walkers. For the safety of all participants, we will follow traditional running etiquette at the start with all walkers starting behind the runners. On the course, walkers should stay to the right and follow instructions of race officials.

Runners & Joggers

Behind the Elites, CEOs and Seeded Runners, this section is for runners and joggers.

Seeded Runners

This monitored section will be set up immediately behind the Elite Runner Area. Team Captains are responsible for giving a special entry pass to any runner who expects to run 8:00 or faster per mile. Runners must register by August 31, listing a qualifying 2014 -2015 race. Be in place by 6:00 for the best position.

Elite Runner Area

This monitored area, at the very front of the start area, nearest Fulton Street (directly under the Olympic Rings), will be set up for those with 2014 or 2015 race qualifying times. Elite runners must be in place by 6:00 p.m.

Runners must register and submit their official 5K/10K race documentation by Thursday, August 31 in order to receive a special race number which will allow entry into this section. Email race documentation to Info@KPCorporateRunWalk.com.

Open Men – 6:00/mile Open Women – 7:00/mile
Masters Men (40 and over) – 6:15/mile
Masters Women (40 and over) – 7:15/mile

CEO Award

If a company CEO is participating and would like to compete against the other CEOs, a CEO Scorecard must be filled out in addition to the Team Scorecards immediately after the race. All scorecards must be turned in to the Info/Results Tent in order to be listed in event results.

CEO Participation Guidelines

Verified CEOs will receive specially marked race numbers and are eligible to start in the CEO Start Area in the front.

- A CEO must be the senior full-time employee of the entire company (i.e., President/CEO, Chairman of the Board). (The possible exception would be firms with multiple but equal CEO-level partners.)
- **To be eligible for Awards, all CEOs must be participating with a minimum of 5 full-time employees.**

CEO Award Categories

Female CEO (29 or less full time employees)
Female CEO (30 or more full time employees)
Male CEO (29 or less full time employees)
Male CEO (30 or more full time employees)

Race Day Information

- Separate start line-up areas for runners and walkers. (Follow signs)
- 5K starts and finishes under Olympic Rings.
- Mile markers will be at miles 1 and 2.
- Medical staff and water stations will be available at the start, along the course and at the finish line.
- A commemorative T-shirt will be given to all registrants.
- Refreshments and music will begin immediately after the first person crosses the finish line.

Due to insurance restrictions, baby joggers, animals, skates or other vehicular apparatus are not permitted on the race course. Only registered participants will be allowed on the race course.

Info@KPCorporateRunWalk.com | 404.843.8727

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4 Awards • Scoring & Results

Corporate Cup Awards

■ Kaiser Permanente Corporate Cup - Most Fit Company

Four awards will be presented for the Most Fit company. Winners will be selected based on surveys submitted by companies describing their employee health & wellness programs. Survey Deadline: August 28.

Thank you to our judges of the Corporate Cup Most Fit Company: Jess Parsons White - Good Measure Meals & Tamara Melton - LaCarte Wellness

■ Kaiser Permanente Corporate Cup: Participation Award: Overall Company

Quantity matters! An award to the company with the most participants registered. Participants may be full-time or part-time employees, clients, family members or friends of the registered company.

Fastest Male & Female: Overall and Masters

To qualify for these awards, runners must be at least 18 years old and a full-time employee of registered company for at least three months. Awards will be presented to the Fastest Male and Female and the Fastest Masters Male and Female (Age 40 and over). Employees of Running-Related companies are not eligible for Fastest Overall or Masters awards.

CEO Awards

CEO Awards will be given to the first overall male and female CEOs in two categories: companies with 29 or fewer full-time employees and companies with 30 or more full-time employee.

Eligibility: CEOs must be participating with a minimum of 5 full-time employees. (See page 3 for criteria)

Team Awards

Competitive team members must be full-time employees (at least three months) who are 18 years old or older. We depend on you to turn in your team scorecards to the Info/ Results Tent immediately after the race. The awards for the first three teams in each of the three scoring categories (Men's, Women's and Coed Teams) will be mailed to Company Captains after the results are compiled and employees have been verified after the race.

In order to be eligible for awards, all runners must be 18 or over and must have been employed full-time by his/her company for at least three months prior to race day.

If, upon verification, the Race Committee finds discrepancies, the team will be disqualified. Results will be listed in Results Booklet & on KPCorporateRunWalk.com.

Participants are scored on a team basis in three categories. A team consists of one of the following:

Men's Team.....Four Men

Women's Team....Four Women

Coed Team....Two Men and Two Women

Participants may be assigned to a team after the race and may only be placed on one team (i.e., a woman placed on the Women's Team may not also be placed on the Coed Team, etc.).

Participation Award: Industry

There will be an award for the most participants in each of the 38 industry categories. (Page 7) Industry Participation awards will be mailed to winning company captains.

T-shirt Design Contest Awards

There will be a T-shirt Design Contest for all participating companies. One prize will be awarded in each of the following categories:

* Most Original	* Most Colorful	* Most Creative Use of Company Logo	* Best Incorporation of Event Logo
-----------------	-----------------	-------------------------------------	------------------------------------

T-shirt Contest Guidelines:

Submit your company's T-Shirt sample to Kaiser Permanente Corporate Run/Walk, 4651 Roswell Rd., I-802, Atlanta, GA 30342 by September 21, 2015. Sample must be an actual T-Shirt. Attach a business card to the inside of the shirt for identification. Shirts will be judged prior to race day & all submitted shirts will be displayed at the event.

Note: The Kaiser Permanente Corporate Run/Walk & Fitness Program logo may be downloaded from KPCorporaterunwalk.com. Once T-shirts are submitted, they become the property of the Race Committee.

Scoring and Scorecards

All runners and walkers will be electronically timed. If interested in completing in various categories, all team captains will still be required to turn in completed scorecards immediately following the race. Company captains will not have access to scorecards once completed and turned in.

Challenge Your Competitors!

Challenge your business friends and competitors to meet you at the starting line. Past challenges have included the largest number of employees participating, the oldest team, CEO versus CEO, best team time or most male or female runners/walkers. To issue a challenge, contact the Race Committee at Info@KPCorporateRunWalk.com or 404.843.8727. After the Race Committee contacts the company being challenged, you will be advised whether or not the challenge was accepted.

Info@KPCorporateRunWalk.com | 404.843.8727

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May 5 – September 24



5K Run/Walk
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Thursday, September 24
6:30 p.m.
Adjacent to Turner Field

NEW ELECTRONIC TIMING!

5

Tent Reservation • Order Form

RENT YOUR TENT!

Reserve tent at KPCorporateRunWalk.com or at the Captains Information Meetings

Tents are limited. Early registration is highly encouraged for guaranteed tent space and the best location.

The deadline is August 24, although due to the limited number of tents, we cannot guarantee availability.

Any tent reservations accepted after August 24 will incur an additional \$75 fee.

COMPANY _____ TEAM CAPTAIN _____

ADDRESS/CITY/STATE/ZIP _____

EMAIL ADDRESS _____

TENTS WITH LIGHTING

Size	Price	Early Bird Cash Discount if paid by check by 8/24/2015
10x10 – 1 table, 6 chairs (10-20 people)	\$510	\$485
14x14 – 2 tables, 12 chairs (24-35 people)	\$625	\$595
20x20 – 4 tables, 24 chairs (40-55 people)	\$895	\$850
20x30 – 8 tables, 48 chairs (60-80 people)	\$1140	\$1080
20x40 – 12 tables, 60 chairs (90 + people)	\$1380	\$1310

TENTS WITHOUT LIGHTING

Size	Price	Early Bird Cash Discount if paid by check by 8/24/2015
10x10 – 1 table, 6 chairs (10-20 people)	\$420	\$395
14x14 – 2 tables, 12 chairs (24-35 people)	\$525	\$495
20x20 – 4 tables, 24 chairs (40-55 people)	\$740	\$700
20x30 – 8 tables, 48 chairs (60-80 people)	\$960	\$910
20x40 – 12 tables, 60 chairs (90 + people)	\$1175	\$1115

Extra Chairs \$4 # _____

Extra Tables \$10 # _____

Tent Location

Race site map will be available at KPCorporateRun/Walk.com by September 21. There will be a list of tents so that all participants can check to see if their company has one reserved. There will also be maps at the Info Tents on event night. Safety is our number one priority. In case of dangerous weather, including windy conditions, tent changes may be made on event day.

Tent Drop-off

1. Parking is not permitted in the Green Lot where the tents are staged. Parking will be available in other Braves lots.
2. For the safety of all participants, all vehicles dropping off refreshments at tents must depart by 4:45 p.m.
NO EXCEPTIONS

Payment

1. Discount available if paid by check by August 24, 2015. Mail this form with your check (made out to JFG, Ltd.) to

Tent – JFG, Ltd.
4651 Roswell Road, #I-802
Atlanta, GA 30342

OR

2. Online reservation and payment at KPCorporateRunWalk.com
VISA, MasterCard or American Express accepted.

Credit Card # _____

Exp. Date _____

Four Good Reasons To Rent A Tent

- An easy meeting place before and after the race - give a motivational speech, chant company cheers, etc.
- Provide sheltered area to enjoy refreshments with your team
- Visibility for your company - hang banner, wave signs
- Throw a Tent Party after the race to celebrate with your team

NOTE: NO TAPE MAY BE USED ON THE TENTS. BRING BUNGEE CORDS AND ROPES FOR YOUR BANNERS.

Renter acknowledges that by submitting this tent reservation, Renter agrees to pay the full amount of tent rental on or before August 24, 2015. If rental fee is not paid by August 24, 2015 then Renter grants JFG, Ltd. the right to cancel the tent order. Because the event will go on rain or shine, all tent charges are non-refundable. Renter agrees to assume the risk of and hold JFG, Ltd. harmless for property damage and personal injuries caused by the rental items and/or arising out of Renter's negligence. Renter agrees not to use or allow anyone to use the rental items for any illegal purpose or in any illegal manner. Renter agrees not to cook under tent or anywhere on Turner Field property. Renter also agrees not to use tape on tent. JFG, Ltd. shall not be liable for injuries or damages caused by fire from any cause, rain, hail, sleet, snow, storm, high winds, tornado, floods or other disturbances by nature or by tents falling by reason thereof upon any persons, materials, or exhibits while under, near or about the rental items. JFG, Ltd. shall not be liable in any manner for injuries or damages caused to persons or things falling over or coming in contact with ropes, chains, stakes or other supports of the rental items. It is understood that the rental items are not guaranteed to be waterproof although processed with special water-resistant compounds. Renter agrees to hold JFG, Ltd. and Phidippides Runners harmless from any demand or claim whatsoever for bodily injury or property damage arising from the use of rental items or materials furnished hereunder.

We will be reserving tents with payment. Cancellations must be made by August 24, 2015 in order to avoid being charged.

Team Captain Signature _____

Date _____



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6:30 p.m.
Adjacent to Turner Field

NEW ELECTRONIC TIMING!

6 Registration Form

- Online at KPCorporateRunWalk.com through Monday, September 21, 5 p.m. **HIGHLY RECOMMENDED!**
- Offline – complete this form and turn in to your company captain (Non-team individuals should make checks payable to JFG, Ltd. and mail to 4651 Roswell Road, #I-802, Atlanta, GA 30342 by August 31, 2015.)
- No race day registration.

Watch for walker and runner start lineup signs for your start area.

☐ Walker
 ☐ Runner
 ☐ Seeded Runner (8:00/mile)
 2014-2015 qualifying event _____
 ☐ Elite Runner (2014-2015 race documentation attached)
 Open Men – 6:00/mile
 Open Women – 7:00/mile
 Masters Men (40+) – 6:15/mile
 Masters Women (40+) – 7:15/mile

☐ Member of Kaiser Permanente
 ☐ full-time employee of listed company (3+ months)
 ☐ non-full-time employee of listed company (part-time, friend, family)
 ☐ CEO (see p. 3)

Last Name _____ First Name _____ Sex ☐ M ☐ F Date of Birth _____

Company Name _____ E-Mail Address (required to receive special offers - will not be shared/sold) _____

Business Address _____ Phone Number _____

City, State, Zip _____ County _____

Past Participant ☐ New ☐

Waiver/Release: I know that walking, running and road racing are potentially hazardous activities. By entering this event I am taking responsibility for medical clearance and for being physically fit and properly trained to participate in this event and all related activities. I agree to abide by any decisions of program officials relative to my ability to safely complete the event. I assume all risks associated with running and walking, but not limited to my own fitness and health condition, falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. I also agree that I may be examined and treated if necessary during the course of the race by qualified race personnel in the event medical problems of any cause arise. The race officials or the qualified personnel have the right to disqualify me and remove me from the race if, in their opinion, I may be suffering from a life-threatening condition. I understand that there will be no baby joggers, strollers, animals, skates or other vehicular apparatus allowed on the race course. I understand that all children participating in this race must be 13 years of age or older and adhere to the same conditions of this waiver. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release Kaiser Foundation Health Plan of Georgia, Inc., The Southeast Permanente Medical Group, Inc., all city officials, Phippides Runners, JFG, Ltd., Galloway Productions, Jeff Galloway, CSCP Consult LLC, the RRCA, event volunteers, and all sponsors, their representatives and successors, in addition to Braves Productions, Inc., Atlanta National League Baseball Club, Inc., City of Atlanta and Fulton County Recreation Authority, City of Atlanta, Georgia, Fulton County, Georgia, Aramark Sports & Entertainment Services, LLC, Imperial Parking (U.S.), Inc., AmeriPark, Inc., and each of their respective parent, subsidiary and affiliated companies, and all of their respective directors, officers, shareholders, agents and employees including, without limitation, independent contractors, if any, rendering security services in connection with the Event (collectively, the "Licensor Parties") from all claims or liabilities of any kind arising out of my participation in this event, including without limitation any personal injuries, death or damage to my property which I may incur, even though that liability may arise out of negligence or carelessness of the persons named in this waiver and other organizations. In further consideration of my participation in this event, I hereby grant Phippides Runners and all other sponsors and persons authorized by any of them, the right to record, broadcast, photograph, and otherwise exploit in any and all media throughout the world my performance in the event and to use my name, likeness, voice and biographical information concerning me in connection therewith and such other purposes as Phippides Runners may from time to time authorize. I warrant that I am 18 years of age or older. Produced by Phippides Runners, RRCA.

Signature _____
(All participants must sign this waiver. If you are under the age of 18, you must have a parent's signature)

Cardholder Name _____

Card # _____ Exp. Date _____
(VISA, MasterCard or AmEx only)

Amount to be charged \$ _____
(may include \$12 for Jason's Box Dinner)

Signature _____

Date _____

\$12 Box Dinner from Jason's Deli available. Includes sandwich, bag of chips, pickle spear, dessert, mustard/mayo, napkin and bottle of water. Some tables/chairs available in Jason's Deli pick-up tent. Deadline to order is September 10. Payment must be included with event registration.

☐ Smoked Turkey ☐ Club ☐ Spinach Veggie

Captains: To order for your team, contact
 Atlanta.Catering@JasonsDeli.com
 404-617-3486

Jason's deli

RETURN THIS FORM TO YOUR COMPANY CAPTAIN

Instructions and Reminders

1. Entry fee is \$32 through August 24, 5 p.m., and \$37 until September 21 at Noon. Reminder: Entry fees and Box Dinner payments are non-refundable. Checks should be payable to JFG, Ltd.
2. Register online or complete this Runner's/Walker's Release Form and return to your Company Captain.
3. Make sure that you receive your assigned number from your Company Captain prior to race day. If you lose or forget your number on race day, please go to the Information Tent.
4. Be sure you know where your company meeting area is on race day and whether or not your company has rented a tent.



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Adjacent to Turner Field

NEW ELECTRONIC TIMING!

7 Company Registration Form

**Captains must register
team online, regardless
of whether individual team
members register online or offline.
Questions?
Info@KPCorporateRunWalk.com**

☐ Past Participant ☐ New

PAYMENT BOX

**We accept VISA,
MasterCard
and American
Express.**

Note: Please send one check to cover all company participants.

Check # _____ **All checks should be made payable to JFG, Ltd.**

_____ participants x \$ _____ each \$ _____

(Until August 24, 11:59 p.m. - \$32 & after August 24, 11:59 p.m.- Sept. 21, Noon - \$37)

UPS (if applicable) \$ 20.00

Jason's Deli sandwich boxes (if applicable) _____ x \$12 \$ _____

Total amount of check or charge \$ _____

Card # _____ Exp. Date _____

Cardholder Name _____

Company Captain Name		Business Phone #	
Co-Captain Name		Business Phone #	
Company Name	Total # Employees	Total # Employees in Atlanta	Onsite Fitness Center?
			<input type="checkbox"/> Yes <input type="checkbox"/> No
Captain's Email Address		Co-Captain's Email Address	
Company Address	Suite	County	
City	State	Zip	
CEO/President Name	Business Phone #	Email Address	
Dir. of Human Resources or Dir. of Corporate Communications	Business Phone #	Email Address	
Dir. of Fitness/Wellness	Business Phone #	Email Address	

How did you hear about us? ☐ Radio ☐ Newspaper ☐ TV ☐ Brochure ☐ Flyer ☐ Phone ☐ Friend ☐ Billboard ☐ Internet ☐ Co worker ☐ Other

Company Industry Category (Captains: The category chosen here determines your award eligibility so please choose carefully.)

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> 1. Accounting | <input type="checkbox"/> 12. Consulting | <input type="checkbox"/> 23. Media | <input type="checkbox"/> 31. Rubber and Plastic Products |
| <input type="checkbox"/> 2. Advertising/Public Relations | <input type="checkbox"/> 13. Diversified Services | <input type="checkbox"/> 24. Metal/Metal Products | <input type="checkbox"/> 32. Running-Related |
| <input type="checkbox"/> 3. Aerospace | <input type="checkbox"/> 14. Employment Agencies | <input type="checkbox"/> 25. Motor Vehicles & Parts/
Industrial
Equip. | <input type="checkbox"/> 33. Technology |
| <input type="checkbox"/> 4. Airlines/Travel Related | <input type="checkbox"/> 15. Engineering/Architecture | <input type="checkbox"/> 26. Nonprofit/Education | <input type="checkbox"/> 34. Telecommunications |
| <input type="checkbox"/> 5. Apparel/Retailing/Textiles | <input type="checkbox"/> 16. Forest Products/Paper | <input type="checkbox"/> 27. Office Equipment/Computers/
Electronics | <input type="checkbox"/> 35. Toys/Sporting Goods/Musical
Instruments |
| <input type="checkbox"/> 6. Arts/Film/Video | <input type="checkbox"/> 17. Glass/Building Materials | <input type="checkbox"/> 28. Petroleum Refining/Crude Oil
Products | <input type="checkbox"/> 36. Transportation/Railroad |
| <input type="checkbox"/> 7. Banking/Finance/Investments | <input type="checkbox"/> 18. Government | <input type="checkbox"/> 29. Publishing | <input type="checkbox"/> 37. Utilities |
| <input type="checkbox"/> 8. Beverages/Food | <input type="checkbox"/> 19. Health Related/Hospitals | <input type="checkbox"/> 30. Real Estate | <input type="checkbox"/> 38. Other _____ |
| <input type="checkbox"/> 9. Chemicals/Soaps/Cosmetics | <input type="checkbox"/> 20. Hotels/Restaurants | | |
| <input type="checkbox"/> 10. Communications | <input type="checkbox"/> 21. Insurance | | |
| <input type="checkbox"/> 11. Construction | <input type="checkbox"/> 22. Legal | | |

**THIS IS HOW INDUSTRY
AWARDS ARE CATEGORIZED.**

Please Read and Sign:

I/We acknowledge having read and agree to abide by all the rules, regulations, and procedures contained in this Kaiser Permanente Corporate 5K Run/Walk Registration Packet.

I/We certify that the listed participants presently meet the eligibility requirements as stated in the Kaiser Permanente Corporate 5K Run/Walk Registration Packet.

Team Captain Signature _____ Date _____

Instructions If You are Registering Via Paper:

1. If additional copies are needed, these forms may be duplicated. Keep a copy of all forms for your records.
2. Please alphabetize roster by last name and type each participant's name.
3. Submit original of the Company Registration Form, a Company Roster, and the original signed Release Form for each participant along with an entry fee check to 4651 Roswell Road, #1-802, Atlanta, GA 30342.
4. A Race Number will be assigned to each participant and noted on this form. A copy of the form will be included in the Race Packet.
5. VISA, MasterCard, and American Express accepted.
6. Entry fees and boxed dinner fees are non refundable.

8 Company Roster

All companies must be registered online, regardless of whether team members register online or offline. Companies registering offline must complete roster below. Teams of 10+ should email roster in an Excel file to Info@KPCorporateRunWalk.com. Teams of <10 may use your own spreadsheet or this sheet to list your participants alphabetically. If your team registers online, you will have access to your online roster at all times.

RUNNERS - alphabetically by last name	Race #	WALKERS - alphabetically by last name	Race #	ELITE RUNNERS	Race #
				Deadline: August 21 - Attach official 2014-2015 documentation or email to Info@JeffGalloway.com .	
				Open Men - 6:00/Mile Open Women - 6:15/Mile	
				Masters Men - 7:00/Mile Masters Women - 7:15/Mile	
SEEDER RUNNERS	Race #				
				Deadline: August 21 - (8:00/Mile) List 2014-2015 qualifying event	
					Total Seeded Runners