



DES MOINES CORPORATE *GAMES*

INSERT COMPANY NAME IS COMPETING IN THE 2024 DES MOINES CORPORATE GAMES

The 2024 Des Moines Corporate Games (DMCG) is a company-based competition that offers over 25 sports and events during May, June and July throughout the Des Moines metro. The purpose of the DMCG is to promote physical activity and employee wellness, as well as cultivate and instill company pride.

INSERT COMPANY NAME will be competing in Division **X** against other Des Moines area companies. Organizations earn points through participation, events placing and volunteering. At the conclusion of the Des Moines Corporate Games, the coveted Corporate Cup will be awarded to the winner of each division! Below is a list of the sports and events that will be offered:

2023 Sport/Event Opportunities

Bags**	Basketball - 3 on 3**	Blood Donation Challenge
Bowling**	<i>Burst Your Thirst Challenge</i>	Cross Country Race – 4K & 8K
Cycling Tour Ride	Disc Golf**	Dodgeball**
Duathlon	Fitness Walk	Golf – 4 person best shot**
<i>Learn & Earn Webinar</i>	Meals from the Heartland Challenge	Pickleball **
Ping Pong**	Road Race – 5K	Sand Volleyball**
Track & Field**	Triathlon (Individual only)	Trivia**
Tug of War**	Ultimate 4's**	<i>Virtual Fitness Walk</i>
<i>Virtual Interval Class</i>	Yoga	

** These sports have limited entries for companies. Declaring your interest does not guarantee you will compete in this sport or event. Virtual events listed in *Italics*

Do you see any sports or events you want to participate in to help **INSERT COMPANY NAME** take home the coveted Corporate Cup? [Click here](#) to access the Des Moines Corporate Games website. Click the Dashboard button in the top right corner to set up your account or access an existing account in Corporate Games Manager. **Setting up a new account?** You must use Company Code **INSERT CODE HERE** when registering your account. Need more information on using the Corporate Games Manager registration system? [Check out this helpful document.](#)

Important Notes:

- **Registration is required:** Only employees that register (link above) will be eligible to participate.
- **“Limited” versus “unlimited” participation:** As stated in the asterisks (**) above, team sports have limited entries for the Des Moines Corporate Games. All sports/events without the asterisks (**) have no participation limits.
- **Participation is free:** All team sports and events are FREE to participants (*exception: golf is free if the team chooses to walk the course or there is an optional \$14 or \$15 cart fee.*)