



# DES MOINES CORPORATE *GAMES*

## FITNESS WALK

### **Eligibility**

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games.

### **General Guidelines**

1. This is a non-competitive 5k or 10k walk. You may walk, jog, or skate at your own pace. Pets may accompany participants; however, they must be on a leash.
2. Fitness walk will be offered in Ames as part of the Walk Iowa Games, and in Des Moines in partnership with the Greater Des Moines Volkssport Association. You may participate in both events, and participation per company is unlimited.

### **DMCG Point System**

- o Participants will be awarded ten participation points for each walk. No medals will be awarded.