



DES MOINES CORPORATE *GAMES*

ROAD RACE – 5K & 10K RULES

Eligibility

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

General Guidelines

The road race will be held as a subdivision of the Clive Running Festival. Route details and additional information will be posted on the DMCG website.

DMCG Point System

- The 5K & 10K Road Race will be held as a single event. Individuals will compete within their age group against competitors from all divisions.
 - **Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

| 5K Road Race | |
|-----------------|--------|
| Place | Points |
| 1 st | 100 |
| 2 nd | 75 |
| 3 rd | 50 |
| 4 th | 25 |

| 10K Road Race | |
|-----------------|--------|
| Place | Points |
| 1 st | 100 |
| 2 nd | 75 |
| 3 rd | 50 |
| 4 th | 25 |

- Participation points will be awarded for individuals in the 5K and 10K Race. To receive ten participation points, individuals must complete the course as designed.