



CROSS COUNTRY RACE – 4K & 8K

Eligibility

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

General Guidelines

1. All ages and genders of the 8K will run together in one race starting at 8:00 am.
2. All ages and genders of the 4K will run together in one race starting at 9:00 am.
3. DMCG participants may run both races if desired.
4. Races will be chip timed.
5. 99% of the course is grass. Spikes may be worn but are not required.

DMCG Point System

- The Cross Country 4K and 8K Race will be held as a single event. Individuals will compete within their age group against competitors from all divisions
 - **Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+**
- Points will be awarded to the top four finishers in each age group (**by division**) as follows:

4K Cross Country Race	
Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

8K Cross Country Race	
Place	Points
1 st	60
2 nd	40
3 rd	30
4 th	20

- Participation points will be awarded for individuals in the 4K and 8K Race. To receive **10** participation points, individuals must complete the course as designed.