



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 walk. You may walk, jog, or skate at your own pace. Pets may accompany participants; however, they must be on a leash.
2. Participation per company is unlimited. If multiple walks are held, you may participate and earn points in each walk.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

DMCG Point System

- Participants will be awarded **25** participation points for each walk. No medals will be awarded.