



# 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. The 5K and 10K races are held simultaneously, and participants will have to choose a distance at participant check-in.

### 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

- 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 <sup>st</sup>	60
2 <sup>nd</sup>	40
3 <sup>rd</sup>	30
4 <sup>th</sup>	20

10K Road Race	
Place	Points
1 <sup>st</sup>	60
2 <sup>nd</sup>	40
3 <sup>rd</sup>	30
4 <sup>th</sup>	20

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