



## ARE YOU READY TO ACCEPT THE CHALLENGE?

The Southeast Volusia Chamber of Commerce has partnered with Florida Hospital Memorial Medical Center to offer a unique group-organized fitness initiative along with the 2016 SE Volusia 5K Chamber Challenge. This added element is designed to inspire teamwork, fun, fitness and camaraderie for our Southeast Volusia Organizational groups and Business community. A free self-directed 7-week training program (February 14 – April 7, 2016) is available and leads up to the SE Volusia 5K Chamber Challenge run/walk through our beautiful New Smyrna Historic Downtown district. The 2016 run/walk is on Thursday, April 7<sup>th</sup>, 2016 starting at 5:30 p.m. More than 400 runners, walkers and joggers from all over will participate in what we aim to make the largest workplace-organized 5K fitness event in the County.

*Both Team and Individual participant awards are given. Please see the back of this flyer for information if you are interested in participating as an individual.*

### How the Team Concept Works -

First, a Team Captain completes the Team Registration form on the back and emails or fax to the SE Volusia Chamber of Commerce office. The Chamber will enter the Team Name on the registration site and provide the Team Captain a Code. Employees/Members (family/friends too) then join the team by registering online at [www.racesmith.com](http://www.racesmith.com). Team participants only pay \$20.00 (20% discount) when they enter the Team Code and registration includes the 2016 SE Volusia 5K Chamber Challenge event shirt and goodie bag.

Participants (Team members and Individual participants) can also take advantage of the Florida Hospital Memorial Medical Center *Change Your Life* resource center by registering online at <https://www.changeyourlifechallenge.org/training/SEVChamber5k>; where they may access free 7-week training schedules for runners and walkers, fit tips, personal health assessment tools, healthy recipes, and more. Team Captains will receive a welcome packet with team recruitment ideas, training tips, and workshop information to get your Organization/Company Team moving.



STEP 1 - Identify a Team Captain



STEP 2 - Register your Team with the SE Volusia Chamber of Commerce  
(Registration form on back)



STEP 3 - Recruit Team Members (5 minimum)



STEP 4 – Let the FUN begin and bring home that Corporate Team Trophy this year!



## COMPANY/ORGANIZATION TEAM CAPTAIN REGISTRATION FORM

NOTE: \*Individuals not joining a team should REGISTER ONLINE DIRECT: [www.racesmith.com](http://www.racesmith.com)

COMPANY/ORGANIZATION Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Team Name: \_\_\_\_\_

Captain/Contact Name: \_\_\_\_\_

Captain/Contact Phone: \_\_\_\_\_

Captain/Contact Email: \_\_\_\_\_

(Minimum of 5 Team Members Required)

FAX THIS FORM TO: 386-423-3512 OR EMAIL TO: [bgilmartin@sevchamber.com](mailto:bgilmartin@sevchamber.com)

### For additional information call or email:

- Marlene Thomas: 386-409-6827; [marlene.thomas@ahss.org](mailto:marlene.thomas@ahss.org)  
Florida Hospital Memorial Medical Center – New Smyrna Health Park  
OR
- Barbara Gilmartin: 386-428-2449; [bgilmartin@sevchamber.com](mailto:bgilmartin@sevchamber.com)  
Southeast Volusia Chamber of Commerce, 115 Canal Street, New Smyrna Beach 32168

**TOGETHER WE CAN BUILD A HEALTHIER WORKFORCE AND  
COMMUNITY!**