



Human Resources
Division of Administration
& Finance

This fall, *get active with us!* Join HR POWER UP Employee Wellness for **UH DAY AT THE CORP 5K** on **Thurs., Oct. 24**, from **4:00 – 7:30 PM**, in beautiful **Memorial Park!** Run or *WALK* the course, and then visit with friends and colleagues in the UH Tent inside the Hospitality Village for food, fun and fellowship!

The **Hess Houston Corporate 5k Run/WALK** is not only a great physical and mental health activity, but also a fun social wellness event. This year to encourage your participation, HR POWER UP will offer *no-cost entry to the first 30 employees* who **REGISTER** for **Thurs., Oct. 24** **AND** **RSVP** for the **post-event celebration** that follows.

After all free slots are taken, HR POWER UP will cover half of the entry fee for the next 50 employees to register (making the fee only \$22.50 + tax/processing fee). Once these slots are filled, employees may join Team UH by paying the regular entry fee rate.

When you visit the Team UH page to register, no special codes are needed. However, to receive the free or discounted rate, you **must use your “@central.uh.edu” email when registering.**

As a Team UH member, you’ll receive a running tech shirt, race bib, and tote bag. However, to participate you **must register by the deadline of Oct. 11th,**

So, form a group! Get some UH buddies to sign up and join you! You can also invite family and other friends to participate by having them register for Team UH at the regular rate as *non-employees*. On the day of the event, don’t worry about being late. Just show up at the start line anytime between 4-6:30 pm! Remember, too, that if you can’t participate on UH Day, you can also attend on the Oct. 22 or 23.

REGISTER AND RSVP now for **UH DAY AT THE CORP 5K** and the **post-event celebration!**

For more information about the run/walk benefiting the Memorial Park Conservancy, visit houstoncorporate5k.com.

Thank you,

Court Stein, Wellness Administrator

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