

UNIVERSITY of HOUSTON

HUMAN RESOURCES

ATTEND “UH DAY AT THE CORPORATE 5K” RUN/WALK

Human Resources’ **POWER UP Employee Wellness** program invites you to join *Team University of Houston* for the 5th Annual **Hess Houston Corporate 5K Run/Walk** to be held **October 19, 20 and 21, 4:00 – 6:30 PM**, in beautiful **Memorial Park**! Open to ALL EMPLOYEES, this annual event is designed to promote health and wellness, and benefits the Memorial Park Conservancy, which is committed to restoring, preserving and enhancing Memorial Park. **You do not need to be a runner to participate. You can WALK the course as well** (about 50% of all participants walk).

This year we are pleased to announce that **the first 100 UH employees to sign up will receive 50% OFF ENTRY** for the event (making the fee only \$20+ tax/processing fee)! To register, simply go to the **Team UH page**. No special codes are necessary as your discounted entry has been built into the link. **However, you must use your UH email when registering to receive the subsidized rate.** You can also invite family and friends to join by registering for Team UH as a *non-employee*. While you can participate on any of the 3 days, **UH DAY AT THE CORP. 5K will be Tuesday, Oct. 19**. So if you can, wear some red and join us that day for the run/walk and post-race party afterwards!

Plan now to buddy up or make it a fun departmental team-building activity! **Register by Oct. 1**, and you will receive a running tech shirt, race bib, free pint from Saint Arnold and other goodies from local partners including Tiff’s Treats!

Our goal is to have as many UH employees participate as possible, so go online and REGISTER today!

This fall connect safely with colleagues and friends doing something fun and active! Join Team UH for the Corp. 5K! For more information about the run/walk, visit **houstoncorporate5k.com**.

Thank you,

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