



Human Resources

Division of Administration
& Finance

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 6th Annual **Hess Houston Corporate 5K Run/Walk** to be held **October 18, 19 and 20, 4:00 – 7:30 PM**, in beautiful **Memorial Park**! Open to all benefits-eligible 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 if you choose** (about 50% of all participants walk).

Like in previous years, **the first 100 UH employees to sign up will receive 50% OFF ENTRY** for the event (making the fee only \$22.50 + 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 Thursday, Oct. 20**. So if you can, wear some red and join us that day for the run/walk and post-race activity afterwards!

Rally your colleagues to make this a fun departmental team-building activity or buddy up with one or more work friends to form your own group! **To participate on Team UH, you must register by Oct. 7. No entries will be accepted after this date.** As a Team UH member you will receive a running tech shirt, race bib, tote bag and more! *Plus, this year if you participate, you’ll earn 3,000 points on the new HR POWER UP Employee Wellness platform! Log in to the portal via [AccessUH](#).*

Our goal is to have as many UH employees participate as possible, so go online today and [REGISTER!](#)

This October, join your colleagues and friends to do something fun and active outdoors while enjoying the great weather and beauty of Memorial Park! Experience the Eastern Glades and the newest addition to the park, the Land Bridge and Prairie. For more information about the run/walk, visit houstoncorporate5k.com.

Thank you,

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