

# UNIVERSITY of HOUSTON

## HUMAN RESOURCES



### HESS HOUSTON CORPORATE 5K & 10K VIRTUAL RUN/WALK

Join *Team University of Houston* for the **Hess Houston Corporate 5K & 10K Run/Walk** to be held **October 17 - 24!** Designed to promote health and fitness, this annual event may be just the thing to jump-start or enhance your efforts to become more physically active!

This year thanks to a generous donation from Transwestern, **the first 100 UH employees to sign up will receive 50% OFF ENTRY** for the event (making the fee only \$15, instead of \$30)! To register, simply go to the [UH team 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. Please note that **the deadline to register is October 2**, so invite your colleagues and friends and sign up today! (Family members/friends can join you on Team UH by registering as a *non-employee*.)

Since this event is virtual you can do it anytime, anywhere and with anybody (at a safe distance) between **October 17-24**. This can mean in your neighborhood, a treadmill, favorite trail or even Memorial Park where the event is normally held. Simply sign up, track your time through any device (or estimate it) and then post your results through our team page. If registered by Oct. 2, you will get a race packet mailed to your front door the week before the event which includes a running tech shirt, race bib, free pint from Saint Arnold and other goodies from local partners including Tiff's Treats! As an extra incentive to participate when you register by Oct. 2, Human Resources POWER UP Employee Wellness will enter you in a random drawing for 10 \$50 gift cards!

Please keep in mind that ALL EMPLOYEES are welcome to participate! **You do not need to be a runner** as you can walk or split the 5K/10K across multiple days that week. Our goal is to have as many UH employees participate as possible, so go online and [REGISTER](#) today!

Each year the Hess Houston Corporate Run/Walk proves to be a lot of fun! It's also a great way for us to stay connected with each other during this unusual time. Join Human Resources [POWER UP Employee Wellness](#) and represent Team University of Houston in this fun and worthwhile event! For more information about the run/walk, including the newly added the 10K, visit [houstoncorporate5k.com](http://houstoncorporate5k.com).

Thank you,

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