



# STAFF SPRINT RELAY CHALLENGE

## APRIL 26, 2019

Looking for an exciting team building event this Spring or just an excuse to engage in some friendly competition with your campus colleagues? Join Cal Athletics in partnership with the Be Well at Work - Wellness Program for the Brutus Hamilton Staff Sprint Relay Challenge at Edwards Stadium on April 26, 2019 for a chance to get moving, re-energize and compete in a Sprint Medley Relay. This event is open to the first 40 registered teams (all male, female or combined), all skill levels and abilities. Check-in begins at 11:30 am and the first heat will begin promptly at 12 noon.

### What is a Sprint Medley Relay?

Relay teams will consist of four runners. The order of the race will be 100m, 100m, 200m, and 400m for a total of 800 meters. Each runner will run one leg of the relay. Note: teams will not be seeded according to competition category and will be placed in 1 of 5 heats on a first come, first check-in basis.

### Awards

- 4 Stadium Club tickets to the top overall team for the Cal v. North Texas game on 9/14
- 4 Field Club tickets to the top women's team for the Cal v. North Texas game on 9/14
- 4 Field Club tickets to the top men's team for the Cal v. North Texas game on 9/14

### Sprint Challenge Training Sessions

In preparation for the sprint medley, staff interested in additional guidance on how to train and/or improve their conditioning for the event will have a chance to attend four training sessions. These sessions will introduce participants to the essential training tools required to safely and successfully participate in the staff sprint challenge such as: learning how to properly warm-up and cool-down, conditioning workouts, flexibility training and nutrition basics: pre and post training. This is also a great opportunity for individuals who are interested in the relay event to find other relay team members

**Sessions will be offered at Edwards Stadium from 12:10 - 1:00 pm**

Wednesdays: March 20 and 27 | Tuesdays: April 9 and 16

Comfortable clothing and athletic shoes recommended

To register visit [uhs.berkeley.edu/wellnesscalendar](https://uhs.berkeley.edu/wellnesscalendar) or for more information, contact Cori Evans at [corievens@berkeley.edu](mailto:corievens@berkeley.edu)