



BEAU'S



THE BEAU'S WORKPLACE RUNOFF

Run together for a healthier workplace and community



The Tamarack Ottawa Race Weekend, Beau's All Natural and the Scotiabank Charity Challenge are inviting you to take part in a little healthy competition – and to make a difference to your workplace and your community in the process.

It's called the Beau's Workplace Run-Off. We're celebrating Canada 150 with a **goal of raising \$150,000** for local charities. Let's do it!



WHAT'S INVOLVED

All you need to do is get a few co-workers together who like to run and then start fundraising as a team while training for the Tamarack Ottawa Race Weekend.

Invite your work friends, your department, or your whole company. By entering a team in the challenge, you'll be going up against other workplaces for great prizes – and bragging rights – all while raising money for a worthy local charity.

HOW TO PARTICIPATE



STEP 1: Start building your team

This can be as simple as getting two or three co-workers together. Once you've formed your team, invite others to join. Come up with a fun name to get the ball rolling!



STEP 2: Choose your charity

Check out [the list of charities](#) participating in the Scotiabank Charity Challenge and decide what charity will inspire your team to go the distance. Don't see your charity on the list? Visit runottawa.ca/charity



STEP 3: Sign up for your race

Each team member needs to register individually for one of the events at the Tamarack Ottawa Race Weekend. You and your team can run the same race together or mix it up and participate in different distances depending on personal goals.



STEP 4: Register your team

When you and your team members are signed up, send a list with your team name, the charity you are running for, and the names of all the members to challenge@runottawa.ca. You can add more names to your team as you go.



STEP 5: Train and fundraise!

Get training and fundraising! Follow your team's fundraising progress on the Scotiabank Charity Challenge website. Organize a weekly training run at work. It'll keep the motivation going.



STEP 6: Run!

Gather your team and head on down to the starting line on May 27/28, 2017. Run knowing you've made a difference in creating a healthier workplace while supporting your community.

TAMARACK
OTTAWA RACE WEEKEND

MAY
27 - 28
2017

 **Scotiabank**
OTTAWA MARATHON


Run Ottawa



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PRIZES

Run for charity. Run for fitness.
Run to win these awesome prizes for your workplace!

1

Beau's
VIP PARTY



GRAND PRIZE

Biggest fundraising total

→ MAX TEAM SIZE: 40

Celebrate your fundraising prowess with a VIP Beau's Party for your team, including:

Bus transportation to Beau's from Ottawa or Kingston

~
Brewery tour

~
Awesome lunch

~
Beer samples

~
Beau's souvenir

2

**MOST
KM'S**



ROAD WARRIOR PRIZE

Most kilometres run per team

→ MAX TEAM SIZE: 40

Does your team love the long run? This prize will give you a well-earned load off your feet courtesy of an Ottawa Champions VIP Experience.

You and your team can watch a Champions baseball game while relaxing in a private suite with club president David Gourlay. You'll also get to meet and chat with the players before the game and take home an autographed baseball signed by the players.

3

**10
PASSES**

FUNDRAISING STARS

Highest average fundraised per runner

→ MAX TEAM SIZE: 10

If your team is smaller, not to fear. Raise the most per runner and your team will receive 10 passes to your choice of one of the remaining 2017 Run Ottawa events.

Scotiabank Canada Day Road Races
The 5/15 Farm Run
Girls Run Ottawa 5K
Capital XC Challenge
Cookie Run

GUIDELINES

Team members must be registered to run an event at the 2017 Tamarack Ottawa Race Weekend. Members of the same team do not have to run the same event.

The charity must be selected from the list of participating charities at the Scotiabank Charity Challenge.

For more information about the challenge, please contact challenge@runottawa.ca

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