



Step by Step Corporate Wellness Challenge TEAM CAPTAIN Frequently Asked Questions

Q: *Some employees at my company already registered for the half or full marathon on their own. Can those individuals become part of my team?*

A: Absolutely! Please email stacywalters@columbusmarathon.com or juliewilkes@columbusmarathon.com and include your team name and all of the names of the individuals that you would like moved over to your team!

Q: *How do the members of my team pick up their race packets?*

A: Team captains are welcome to pick up the all of the packets for their team members who are participating in the Corporate Wellness 5K ONLY. Please notify stacywalters@columbusmarathon.com by Friday, October 9 if you would like your team's 5K participant packets pulled together for pick up. If you do not request 5K group packet pick up, all 5K participants on your team will be required to pick up their packets individually.

Due to administrative and electronic timing device organization, **all half and full marathon participants will need to pick up their own packets individually.**

All registered participants can pick up their goody bags and electronic timing devices at the Nationwide Better Health Columbus Marathon Health and Fitness Expo at the Greater Columbus Convention Center Hall D (400 N. High St.).

Expo Hours

Noon to 7 p.m. on Friday, October 16, 2009 and from 9 a.m. to 7 p.m. on Saturday, October 17. The Nationwide Better Health Columbus Marathon Expo will feature running and fitness related booths.

Q: *Will my team start the race/s together? Will the half and full marathon participants start with the Corporate Wellness 5K?*

A: No, the half and full marathon participants will start with the field at 7:30 a.m. The Corporate Wellness 5K participants will start shortly after the half and full marathon. We recommend instructing your 5K participants to be at the starting line at 7:30 a.m. as well.

Q: *How will my team participants be timed during the race?*

A: Each participant will receive a race bib with an electronic timing tag attached to it in their goody bags. Participants will remove the tag and attach it to their shoe. Instructions will be included!

Q: *Are there any exciting educational events before the race that I can promote to my team members?*

A: Yes! Check out the calendar of events on www.stepbystepchallenge.com.

Encourage your participants to join the **Target Heart Rate Zone Hotline Discussion with Dr. David Sabgir**, Founder & CEO Walk with a Doc program on **Wednesday, October 7 at 5:30 p.m.** Hotline number- 1.866.210.1669 Password 7568221

More questions?

Please visit <http://www.columbusmarathon.com/race-information/FAQ>