



# HANDBOOK

2018 EVENT INFORMATION



# TABLE OF CONTENTS

---

Overall Chick-fil-A Corporate Challenge Schedule .....	3
Knight Eady Sports Group Contact Information.....	5
General Team Information.....	6-10
Buffalo Rock Family Fun Zone .....	6
Athlete Check-In/Wristbands.....	6
Athlete Village .....	6
Awards and Awards Luncheon .....	7
Redemptive Cycles Philanthropic Competition.....	7
Event Map/Diagram.....	8
Inclement Weather Information/Information Center.....	8
Medical Information.....	9
Parking Information .....	9
Railroad Park.....	9
T-Shirt Competition Information .....	10
Scoring Information .....	11
Event Information .....	12-26
Head to Head Events.....	12-14
Bradley Tug of War .....	12
Blue Cross and Blue Shield of Alabama’s Dodgeball .....	13
Cornhole Tournament.....	14
Time Trial Events.....	15-18
Chick-fil-A 5K Run.....	15
Protective Life’s Rock Climbing Wall .....	16
ATI Obstacle Course.....	17
Participation Events .....	18-20
Chick-fil-A 1 Mile Fitness Walk .....	18
Willis Towers Watson Jump Rope .....	19
Chick-fil-A 10K Bike Stroll.....	20
Skills Challenges .....	21-26
Coors Light Basketball Shootout.....	21
Hibbett Sports Football Accuracy Toss .....	22
ALFA Soccer Shootout.....	23
Dunn Construction Golf Challenge.....	24
Surgical Care Affiliates’ Home Run Derby.....	25
Bowling .....	26
Documents and Maps.....	27-29
Chick-fil-A Corporate Challenge Waiver .....	27
Chick-fil-A 5K and 10K Bike Stroll Course Map.....	29
Chick-fil-A Fitness Walk Course Map.....	30
Larger Event Map/Diagram.....	31





# SCHEDULE OF EVENTS

## FRIDAY April 6<sup>TH</sup>

5:00PM - DEADLINE TO ORDER JIM N NICKS AND ALL ALCOHOL PRODUCTS

## WEDNESDAY April 11<sup>TH</sup>

5:00PM - REGISTRATION OF ATHLETES CLOSES AND FINAL ROSTERS SET ONLINE AT [WWW.BHAMCORPORATECHALLENGE.COM](http://WWW.BHAMCORPORATECHALLENGE.COM)

\*\*\*\*ALL ATHLETES MUST REGISTER ONLINE TO RECORD THEIR BIOGRAPHIC INFORMATION, SIGN EVENT WAIVER, AND INDICATE PARTICIPATION IN EVENTS\*\*\*\*

## FRIDAY April 13<sup>TH</sup>

5:00PM - FINAL DEADLINE TO ORDER JIM N NICKS (\*LATE FEES APPLY\*) AND PEPSI PRODUCTS

## THURSDAY April 19<sup>TH</sup>

10: 00AM - 6:00PM - Dunn Construction GOLF CHALLENGE EVENT HIGHLAND PARK GOLF COURSE (3300 Highland Avenue South, Birmingham, AL 35205)

12:00PM - 6:00PM - 5K RACE BIB PACKET PICK-UP INNOVATION DEPOT FRONT DESK (1500 1<sup>ST</sup> Ave N, Birmingham, AL, 35203)

## FRIDAY April 20<sup>TH</sup>

10:30AM - 6:00PM - BOWLING EVENT

VESTAVIA BOWL (1429 Montgomery Highway, Birmingham, AL 35216)

9:00 AM- 6:00 PM 5K RACE BIB PACKET PICK-UP

INNOVATION DEPOT FRONT DESK (1500 1<sup>ST</sup> Ave N, Birmingham, AL, 35203)

## SATURDAY April 21<sup>ST</sup>

6:15 AM - 7:15 AM - 5K RACE BIB PACKET PICK-UP NEAR 5K RACE START LINE

7:30AM - CHICK-FIL-A 5K BEGINS (SHOTGUN START)

RAILROAD PARK - 5K START LINE (1501 First Avenue South, Birmingham, AL 35233)

8:15AM - CHICK-FIL-A 10K BIKE STROLL BEGINS (SHOTGUN START)

RAILROAD PARK - 5K START LINE (1501 First Avenue South, Birmingham, AL 35233)





## **SATURDAY April 21<sup>ST</sup> (CONTINUED)**

9:00AM - CHICK-FIL-A 1 MILE FITNESS WALK BEGINS (SHOTGUN START)

RAILROAD PARK - 5K START LINE (1501 First Avenue South, Birmingham, AL 35233)

9:30AM - HEAD TO HEAD EVENTS/TOURNAMENTS BEGIN

TEAMS WILL BE SCHEDULED FROM 9:30AM UNTIL 3:00PM TO PARTICIPATE IN THE FOLLOWING EVENTS. CAPTAINS WILL BE NOTIFIED OF OPENING ROUND TIMES WED.

4/19 RAILROAD PARK - VARIOUS LOCATIONS

TOURNAMENTS RUNNING FROM 9:30AM UNTIL 3:00PM

- Bradley Tug of War (Head to Head) - Near Athlete Village in Railroad Park
- Blue Cross and Blue Shield of Alabama Dodgeball (Head to Head) - Punishment Pavilion (1300 First Avenue South, Birmingham, AL 35233)
- Cornhole Tournament (Head to Head) - Near Athlete Village in Railroad Park

10:00AM - PARTICIPATION, TIME TRIAL AND SKILL CHALLENGE EVENTS BEGIN

**\*\*ATHLETES HAVE FROM 10:00AM UNTIL 4:00PM TO COMPLETE THESE EVENTS\*\***

RAILROAD PARK - VARIOUS LOCATIONS

EVENTS RUNNING FROM 10:00AM UNTIL 4:00PM

- Willis Towers Watson Jump Rope (Participation) - Amphitheatre, Near Pavilion in Railroad Park
- Protective Life's Rocking Climbing Wall (Time Trial) - Near Cornhole/Athlete Village in Railroad Park
- ATI Obstacle Course (Time Trial) - Amphitheatre, Near Pavilion in Railroad Park
- Hibbett Sports Football Accuracy Toss (Skill Challenge) - Near 14<sup>th</sup> St. So. in Railroad Park
- Coors Light Basketball Shootout (Skill Challenge) - Pavilion, Near Obstacle Course in Railroad Park
- ALFA Soccer Shootout (Skill Challenge) - Near 14<sup>th</sup> St. South in Railroad Park
- Surgical Care Affiliates Home Run Derby (Skill Challenge) - Next to Soccer Shootout and Football Toss in Railroad Park

## **TUESDAY APRIL 24<sup>TH</sup>**

11:30AM - 1:00PM - POST-EVENT AWARDS LUNCHEON

B&A Warehouse (1531 First Avenue South Birmingham, AL 35233)





# EVENT CONTACT INFORMATION

OFFICIAL WEB SITE / SOCIAL MEDIA

[www.bhamcorporatchallenge.com](http://www.bhamcorporatchallenge.com)

[www.facebook.com/BirminghamCorporateChallenge](https://www.facebook.com/BirminghamCorporateChallenge)

<https://twitter.com/bhamchallenge>

<https://instagram.com/bhamcorporatchallenge>

For any general questions related to the Chick-fil-A Corporate Challenge or interest in getting involved in some capacity, please contact Linsey Smith ([lindsey@knighteady.com](mailto:lindsey@knighteady.com)). Caroline Harding will serve as the social media contact ([caroline@knighteady.com](mailto:caroline@knighteady.com)).

Knight Eady Sports Group  
1500 1<sup>st</sup> Avenue North, Unit 99  
Birmingham, AL 35203  
(205) 307-6660  
[www.knighteady.com](http://www.knighteady.com)





# GENERAL TEAM INFORMATION

## Buffalo Rock Family Fun Zone

Families and children are welcome to participate in the Family Fun Zone, which will be located near the Athlete Village. There will be plenty of activities, games, snacks and stations for the children to participate in throughout the day. They can even make signs for their parents to show their support! Parents are able to sign a waiver on behalf of their child at any of the check-in stations or the Family Fun Zone.

## Athlete Check-In/Wristbands

All athletes competing in the Chick-fil-A Corporate Challenge must be certified to compete by completing the registration process and signing the event participation waiver. The full text of the Assumption of the Risk, Release of Liability, Indemnity, Medical Waiver, and Consent Agreement can be found on page 27 of this handbook. Athletes are to complete the registration process online no later than 5:00PM on Wednesday April 11<sup>th</sup>, 2018.

Following the online registration process, each athlete will check in on Saturday April 21<sup>st</sup> at the Chick-fil-A Corporate Challenge Information Center located at the 17<sup>th</sup> Street Plaza/Pavilion Area near the Coors Light Basketball Shootout, Willis Towers Waters Jump Rope, and the ATI Obstacle Course. The second site will be located inside the Athlete Village. These sites will be open from 7AM-3PM. There is an additional registration site near the entrance of the 5k/Walk/Bike right beside the arch that will be open from 6:30AM- 10AM. Fully registered athletes will be given an event wristband indicating his or her eligibility to compete in all events. The 5k participants will be given their wristband at bib pick-up.

**\*\*ALL ATHLETES MUST DISPLAY A WRISTBAND TO COMPETE.\*\***

## Athlete Village

The athlete village will serve as the 'home base' for your company in between and after events, which is where you will be encouraged, refreshed and recharged. Every participating company will receive a 10 x 10 tent and a table within the Athlete Village, which includes assembly. You have the ability to bring your own chairs, coolers, and tailgate materials. Signage indicating each team's tent will be provided and to maintain a consistent appearance amongst all tents, we ask that you do not supplement that signage with anything that you may have in-house, including branded tablecloths. Outside alcohol is not permitted and must be purchased ahead of time or on-site through Red Clay Bar Services.

Chick-fil-A Corporate Challenge Sponsors as well as the ATI Physical Therapy Training Tent will also be a part of the Athlete Village.







## **Awards and Awards Luncheon**

Teams will be given awards for a 1st, 2nd, or 3rd place finish within their division in the overall Chick-fil-A Corporate Challenge event.

Every participating company will receive two (2) complimentary tickets to the post-event Awards Luncheon and sponsors will receive four (4). The event will be held Tuesday April 24th, 2018 from 11:30AM to 1:00PM at B&A Warehouse (1531 First Avenue South Birmingham, AL 35233). Each team captain and guest should represent his or her company and collect their much-deserved Birmingham Corporate Challenge hardware at this fun event.

## **Redemptive Cycles Philanthropic Competition**

With the event's focus on health and wellness, the philanthropic portion of the event will support a local non-profit bike shop, Redemptive Cycles.

The philanthropic partner, Redemptive Cycles has a mission to redeem the streets. Their non-profit shop sells new and used bikes at an affordable price, and repairs bikes on a sliding scale system. The Earn-A-Bike program allows those in need to work in the shop learning how to repair and maintain a bicycle then leave with a bike of their own. The impact a bicycle can have for someone is incredible, and the Earn-A-Bike program is just one way Redemptive Cycles is invested in, and improving our community in Birmingham.

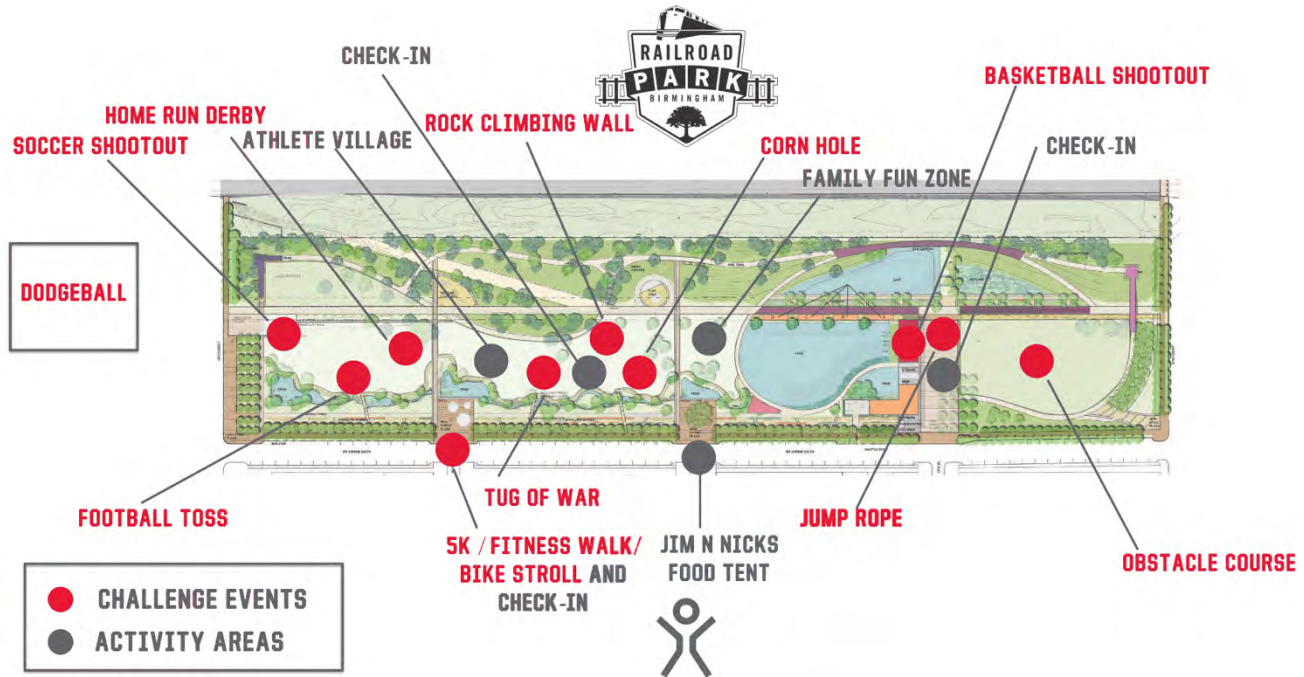
Learn more about Redemptive Cycles's mission and the great things that they have done to empower and equip the disadvantaged members of our community at [www.redemptivecycles.com](http://www.redemptivecycles.com).

Within the philanthropic competition, each team will be ranked within their respective divisions by the quantity of bikes and monetary donations given to Redemptive Cycles. New in 2018, is the opportunity to ride alongside the Redemptive Cycle family in the weeks leading up to the Chick-fil-A Corporate Challenge. Chick-fil-A Corporate Challenge points will then be awarded to the top three (3) teams in each division based on their bicycle and monetary donations, as well as participation in the weekly (Thursday Night) Trample ride. Competing companies should bring new or used bikes to the Redemptive Cycles store or donate at the event. Each bike will be given a monetary value that will be used in determining point values. Teams can also donate through the Redemptive Cycles website. Their address is: 1305 2nd Ave N, Unit 101 Birmingham, AL 35203.





## Event Map/Diagram



## Inclement Weather Information

The Chick-fil-A Corporate Challenge will proceed in rain or shine conditions. The event will only be cancelled/delayed if conditions pose imminent danger to our participants. In the event of inclement weather, Knight Eady will explore all options to insure the completion of the event.

## Information Center

The Chick-fil-A Corporate Challenge Information Center will be located at the 17<sup>th</sup> Street Plaza/ Pavilion Area near the Coors Light Basketball Shootout, Willis Towers Watson Jump Rope, and the ATI Obstacle Course. The information center will be able to provide answers to general event questions, access to event resources and provide a central location for participating athlete check in.

All participating athletes will be required to check-in at the information center or at the two designated check-in locations in order to receive a wristband indicating his or her eligibility to compete.







## **Medical Information**

ATI Physical Therapy is privileged to serve as the medical provider for the Chick-fil-A Corporate Challenge. ATI is excited to provide the following services to all participating athletes: first aid, onsite injury evaluation and care, hydration stations (through Buffalo Rock), BLS/CPR/AED, referral to the doctor, rehabilitation, EMS, ice bags, and more.

ATI Physical Therapy will be located under the athletic training tent in the Athlete Village as well as patrolling the park during events, come by and see us for your medical needs.

## **Parking Information**

Chick-fil-A Corporate Challenge parking will be available at 1300 1<sup>st</sup> Avenue South (Dodgeball Site) and 1500 1<sup>st</sup> Avenue North (Innovation Depot), as well as street parking available within a three to four block radius of the Park. Metered parking will be available to Corporate Challenge participants as metered parking is free of charge after 6:00PM on weeknights and all day Saturday and Sunday including Saturday April 21<sup>st</sup> for Corporate Challenge.

On the morning of the event (April 21<sup>st</sup>), 1st Avenue South will be closed from 14<sup>th</sup> Street South to 16<sup>th</sup> Street South to accommodate Chick-fil-A Corporate Challenge activities surrounding the Chick-fil-A 5K, Bike Stroll, and Fitness Walk. Traffic flow on 1<sup>st</sup> Avenue South will resume following the conclusion of these events.

## **Railroad Park**

With 19 acres of green space in the middle of downtown Birmingham, including nine acres of open lawn, Railroad Park is the ideal place to have a little lunch, throw a little Frisbee, take a little jog. Railroad Park is open 7am-11pm daily. A state-of-the-art security system and rangers on patrol monitor Railroad Park around the clock.

Railroad Park has been open since September 2010 and is proudly owned by the City of Birmingham. The City of Birmingham has a management agreement with the Railroad Park Foundation, a private not-for-profit 501c3 organization, to run Railroad Park.





## Railroad Park (Continued)

### PARK RULES

- PETS WELCOME UNDER CONTROL OF OWNER; PETS MUST BE ON A LEASH AT ALL TIMES
- PLEASE CLEAN UP AFTER YOUR PETS
- PLEASE DO NOT PICK THE FLOWERS
- NO LITTERING, GRAFFITI, STICKERS OR SIDEWALK CHALK
- NO SMOKING
- NO WADING, JUMPING, SWIMMING OR FISHING IN THE LAKES AND PONDS
- NO ROCK THROWING
- NO VEHICLES
- NO LYING ON BENCHES
- NO PLACEMENT OF STAKES, POSTS OR SIGNS
- NO PANHANDLING
- NO ILLEGAL DRUGS
- NO FIREARMS OR WEAPONS
- NO FEEDING THE BIRDS, FISH, OR WILDLIFE
- NO BARBECUE GRILLS
- ALCOHOL IS ALLOWED IN DESIGNATED AREAS ONLY, WHEN PURCHASED FROM PARK VENDORS OR AS PROVIDED FOR SPECIAL EVENTS (RED CLAY PARK SERVICES)
- SKATEBOARDING ALLOWED IN DESIGNATED AREAS ONLY
- CHILDREN UNDER THE AGE OF 16 SHOULD BE SUPERVISED AT ALL TIMES ON THE PROPERTY

### T-Shirt Competition Scoring

If your team is not as confident in the athletic portion of this event, be sure to participate in the Chick-fil-A Corporate Challenge t-shirt contest in order to receive points towards the overall scoring process. You will be judged on creative use of your company logo and the Chick-fil-A Corporate Challenge logo as well as original artwork. T-Shirts MUST include the Chick-fil-A Corporate Challenge logo (no restrictions on size or location) to be eligible for the competition. T-Shirts will be judged on site at Railroad Park on Saturday April 21<sup>st</sup> by event staff.





## Overall Chick-fil-A Corporate Challenge Scoring

All companies competing in the Chick-fil-A Corporate Challenge will be classified into one of three divisions to compete in each of the 15 events. These divisions are based on the total size of the company.

- Division 1:** up to 50 employees
- Division 2:** up to 300 employees
- Division 3:** 300+ employees

All events and contests will conclude and award overall Corporate Challenge points for a 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place finish within the event except for participation events. Participation events will award one point for each participant completing the event with a maximum point value available based on division. Teams will receive overall Corporate Challenge points per event as follows:

HEAD TO HEAD, TIME TRIAL, AND SKILLS CHALLENGE EVENTS				
NAME	CATEGORY	1 <sup>st</sup> PLACE POINTS	2 <sup>nd</sup> PLACE POINTS	3 <sup>rd</sup> PLACE POINTS
Tug of War	Head to Head	300	150	75
Dodgeball	Head to Head	300	150	75
Cornhole	Head to Head	300	150	75
5K Race	Time Trial	300	150	75
Rock Wall	Time Trial	200	100	50
Obstacle Course	Time Trial	200	100	50
Football Toss	Skills Challenge	150	75	25
Basketball Shoot	Skills Challenge	150	75	25
Golf Challenge	Skills Challenge	200	100	50
Soccer Shootout	Skills Challenge	150	75	25
Bowling	Skills Challenge	200	100	50
Home Run Derby	Skills Challenge	150	75	25
PARTICIPATION EVENTS				
NAME	DIV 1 MAX POINTS	DIV 2 MAX POINTS	DIV 3 MAX POINTS	
Fitness Walk	25	50	100	
Jump Rope	25	50	100	
Bike Stroll	25	50	100	
CONTESTS				
NAME	CATEGORY	1 <sup>st</sup> PLACE POINTS	2 <sup>nd</sup> PLACE POINTS	3 <sup>rd</sup> PLACE POINTS
RC Donations	Philanthropic	200	100	75
T-Shirt Contest	Contests	150	75	50





## BRADLEY TUG-OF-WAR

EVENT DETAILS	
CATEGORY	HEAD TO HEAD
FORMAT	DOUBLE ELIMINATION TOURNAMENT
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , FIRST MATCH TBD BASED ON BRACKET
LOCATION	RAILROAD PARK, MIDDLE SECTION NEAR ATHLETE VILLAGE
ROSTER SIZE	SIX (6), MINIMUM TWO (2) FEMALES
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 300, 2 <sup>ND</sup> PLACE - 150, 3 <sup>RD</sup> PLACE - 75
NOTES	<p>The winning team must pull the losing team 10 feet so that the rope marker crosses the designated line as determined by the event referee. A five-minute time limit will be placed on all pulls. The team ahead at the time limit determined by the event referee will be declared the winner. Molded or rubber cleats and gloves ARE ALLOWED. Metal cleats are not allowed. Participants must make every effort to stay on their feet and not sit, kneel, or lie down in a stalemate position. Team members are not allowed to wrap the rope around their arms and/or bodies.</p>

EVENT ROSTER (MINIMUM TWO (2) FEMALES)
1.
2.
3.
4.
5.
6.





## BLUE CROSS AND BLUE SHIELD OF ALABAMA DODGEBALL

EVENT DETAILS	
CATEGORY	HEAD TO HEAD
FORMAT	DOUBLE ELIMINATION TOURNAMENT
DATE AND TIME	SATURDAY APRIL 21 <sup>st</sup> , FIRST MATCH TBD BASED ON BRACKET
LOCATION	PUNISHMENT PAVILION (1300 First Avenue South, Birmingham, AL 35233)
ROSTER SIZE	TEN (10) TOTAL - SIX (6) PLAYING, MINIMUM TWO (2) FEMALES, WITH FOUR (4) SUBSTITUTES
POINTS AVAILABLE	1 <sup>st</sup> PLACE - 300, 2 <sup>nd</sup> PLACE - 150, 3 <sup>rd</sup> PLACE - 75
NOTES	Tournament will be conducted under National Amateur Dodgeball Association (NADA) Rules using an 8.25in rubber-coated foam ball. Matches will be a best two out of three contest. The object of the game is to eliminate all players on the opposing team by hitting them with a LIVE thrown ball below the shoulders or catching a LIVE ball thrown by the other teams. All games will be played until 5 minutes expires or all opponents are eliminated on one side. If time expires, all remaining players will be counted and the team with most players remaining wins the game.

EVENT ROSTER (MINIMUM TWO (2) FEMALES ON COURT)	
1.	7. (SUB)
2.	8. (SUB)
3.	9. (SUB)
4.	10. (SUB)
5.	
6.	





## CORNHOLE

EVENT DETAILS	
CATEGORY	HEAD TO HEAD
FORMAT	DOUBLE ELIMINATION TOURNAMENT
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , FIRST MATCH TBD BASED ON BRACKET
LOCATION	RAILROAD PARK, MIDDLE SECTION NEAR ATHLETE VILLAGE
ROSTER SIZE	FOUR (4) TOTAL, TWO (2) PLAYING - ONE MALE AND ONE FEMALE, WITH TWO SUBSTITUTES
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 300, 2 <sup>ND</sup> PLACE - 150, 3 <sup>RD</sup> PLACE - 75
NOTES	Tournament will be officiated by the Central Alabama Cornhole Club and operated under their rules. Games will be played to 21 points. Players will score 3 points for each bag that goes into the hole on the board and 1 point for each bag that lands and stays on the board. Any bag that hits the ground before hitting the board is ineligible for scoring points.

EVENT ROSTER ONE (1) MALE AND ONE (1) FEMALE (PLUS TWO SUBS)
1.
2.
3. (SUB)
4. (SUB)







## CHICK-FIL-A 5K

EVENT DETAILS	
CATEGORY	TIME TRIAL
FORMAT	SHOTGUN START 5K RACE
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 7:30AM START
LOCATION	RAILROAD PARK - 15 <sup>TH</sup> STREET PLAZA (1501 First Avenue South, Birmingham, AL 35233)
ROSTER SIZE	UNLIMITED, ONE (1) MALE AND ONE (1) FEMALE RUNNER FROM EACH OF 5 AGE GROUPS (29&UNDER, 30-34, 35-39, 40-45 AND 46+) CAN SCORE POINTS FOR TEAM
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 300, 2 <sup>ND</sup> PLACE - 150, 3 <sup>RD</sup> PLACE - 75
NOTES	<p>The 5K Race will utilize timing chip technology to time all runners on the 3.1 mile course running through downtown Birmingham. The event will start and finish at the 15<sup>th</sup> Street Plaza of Railroad Park and the complete course map is located on page 29 of this document. Course subject to change based on the needs of the event, The City of Birmingham, and/or Railroad Park. All runners will be competing against other runners within their same age group and company division to score points for their finish. Your team's top male and top female finisher from each age group (29&amp;UNDER, 30-34, 35-39, 40-45 AND 46+) will have their points combined to determine each team's point total for the race, which will then award a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place team within each company division. All participants who complete the run will be awarded participation points.</p> <p><b>**ALL RUNNERS MUST INDICATE THEIR PARTICIPATION IN THE CHICK-FIL-A 5K ONLINE PRIOR TO THE CLOSE OF ONLINE REGISTRATION** ALL RUNNERS MUST COLLECT RACE BIBS (&amp; CHIPS) AT INNOVATION DEPOT (1500 1<sup>ST</sup> AVE NORTH) ON THURSDAY APRIL 20<sup>TH</sup> FROM 12PM - 6PM OR FRIDAY APRIL 21<sup>ST</sup> FROM 9AM - 6PM. PICK UP IS ALSO AVAILABLE SATURDAY APRIL 21<sup>ST</sup> FROM 6:30AM TO 7:30 AM NEAR 5K START LINE.</b></p>

EVENT ROSTER (UNLIMITED PARTICIPANTS)	
MALE PARTICIPANTS (HAVE AT LEAST ONE IN EACH AGE GROUP TO SCORE MAX POINTS)	FEMALE PARTICIPANTS (HAVE AT LEAST ONE IN EACH AGE GROUP TO SCORE MAX POINTS)
1. (29&UNDER)	1. (29&UNDER)
2. (30-34)	2. (30-34)
3. (35-39)	3. (35-39)
4. (40-45)	4. (40-45)
5. (46&OVER)	5. (46&OVER)





## PROTECTIVE LIFE ROCK CLIMBING WALL

EVENT DETAILS	
CATEGORY	TIME TRIAL
FORMAT	DROP-IN, TIMED CLIMB FOR EACH CLIMBER COMBINED FOR TEAM TIME
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 10:00AM-4:00PM
LOCATION	RAILROAD PARK, MIDDLE SECTION NEAR ATHLETE VILLAGE AND FAMILY FUN ZONE
ROSTER SIZE	FOUR (4) TOTAL
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 200, 2 <sup>ND</sup> PLACE - 100, 3 <sup>RD</sup> PLACE - 50
NOTES	The climbing wall will be operated by the Idlewild Adventure Company and operated under their rules. Each climber will be timed from the start of his or her climb to the top of the 24-ft rock wall. All participants times will be combined to determine a total team time. In the event of a tie, tied teams will both be awarded the applicable finish and points. If a participant does not make it to the top, they will be given a 3 minute time. Your company's representatives can compete in this event at any time between 10:00AM and 4:00PM at his or her convenience around other activities of the day.

EVENT ROSTER
1.
2.
3.
4.





## ATI OBSTACLE COURSE

EVENT DETAILS	
CATEGORY	TIME TRIAL
FORMAT	DROP-IN, TIMED FOR EACH PARTICIPANT THEN COMBINED FOR TEAM TIME
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 10:00AM-4:00PM
LOCATION	RAILROAD PARK, AMPHITHEATRE NEAR BASKETBALL SHOOTOUT
ROSTER SIZE	FOUR (4) TOTAL, TWO (2) MALES AND TWO (2) FEMALES
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 200, 2 <sup>ND</sup> PLACE - 100, 3 <sup>RD</sup> PLACE - 50
NOTES	Each participant will complete the entire obstacle course challenge. Scoring and determination of finish will be based on final elapsed time for all members of the relay team to complete the challenge. In the event of a tie, tied teams will both be awarded the applicable finish and points. If a participant bypasses an obstacle, it will result in disqualification of the team. Participants in the obstacle course should be prepared for the use of water as an obstacle and plan to bring a towel and/or change of clothes if necessary. Your company's representatives can compete in this event at any time between 10:00AM and 4:00PM at his or her convenience around other activities of the day.

EVENT ROSTER (TWO (2) MALES AND TWO (2) FEMALES)
1.
2.
3.
4.





## CHICK-FIL-A FITNESS WALK

EVENT DETAILS	
CATEGORY	PARTICIPATION
FORMAT	SHOTGUN START 1 MILE WALK
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 9:00AM START AT 5K START LINE
LOCATION	RAILROAD PARK - 15 <sup>th</sup> STREET PLAZA (1501 First Avenue South, Birmingham, AL 35233)
ROSTER SIZE	UNLIMITED, MAXIMUM AMOUNT OF POINTS AWARDED PER DIVISION
POINTS AVAILABLE	ONE (1) POINT PER PARTICIPANT, MAXIMUM AMOUNT OF POINTS PER DIVISION IS AS FOLLOWS: DIV 1 - 25, DIV 2 - 50, DIV 3 - 100
NOTES	The Fitness Walk will be an untimed walking event on a small portion of the 5K course and Railroad Park Path #1. The 1-mile event will start and finish at the 15 <sup>th</sup> Street Plaza of Railroad Park and the complete course map is located on page 30 of this document. Course subject to change based on the needs of the event, The City of Birmingham, and/or Railroad Park.

EVENT ROSTER
UNLIMITED
<b>ALL TEAM MEMBERS MUST CHECK IN AT THE FINISH LINE FOLLOWING THE EVENT IN ORDER TO RECEIVE POINTS. A CHECK IN TABLE WILL BE NEAR THE START/FINISH LINE FOR THE 10K BIKE STROLL AND FITNESS WALK.</b>





## WILLIS TOWERS WATSON JUMP ROPE

EVENT DETAILS	
CATEGORY	PARTICIPATION
FORMAT	DROP-IN
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 10:00AM-4:00PM
LOCATION	RAILROAD PARK, PAVILION AREA NEAR OBSTACLE COURSE
ROSTER SIZE	UNLIMITED, MAXIMUM AMOUNT OF POINTS AWARDED PER DIVISION
POINTS AVAILABLE	ONE (1) POINT PER PARTICIPANT, MAXIMUM AMOUNT OF POINTS PER DIVISION IS AS FOLLOWS: DIV 1 - 25, DIV 2 - 50, DIV 3 - 100
NOTES	Participants will be required to jump rope for two (2) minutes to complete this event. Your company's representatives can compete in this event at any time between 10:00AM and 4:00PM at his or her convenience around other activities of the day.

EVENT ROSTER
UNLIMITED
<b>ALL TEAM MEMBERS MUST CHECK IN TO THE JUMP ROPE EVENT COORDINATOR TO COMPLETE THE TASK AND RECEIVE POINTS FOR THE EVENT.</b>





## CHICK-FIL-A 10K BIKE STROLL

EVENT DETAILS	
CATEGORY	PARTICIPATION
FORMAT	SHOTGUN START 10K BIKE STROLL
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 8:15 AM START
LOCATION	RAILROAD PARK - 15 <sup>th</sup> STREET PLAZA (1501 First Avenue South, Birmingham, AL 35233)
ROSTER SIZE	UNLIMITED, MAXIMUM AMOUNT OF POINTS AWARDED PER DIVISION
POINTS AVAILABLE	ONE (1) POINT PER PARTICIPANT, MAXIMUM AMOUNT OF POINTS PER DIVISION IS AS FOLLOWS: DIV 1 - 25, DIV 2 - 50, DIV 3 - 100
NOTES	<p>The 10K Bike Stroll will be an untimed, biking event completing two (2) laps on the 5K course. The event will start and finish at the 15<sup>th</sup> Street Plaza of Railroad Park and the complete course map is located on page 29 of this document. All participants must provide their own bicycles for use in the event, and Redemptive Cycles will provide a bike valet for bikes after the event. Persons over the age of 16 are not required by the State of Alabama to wear a helmet, however the use of helmets in the Chick-fil-A Corporate Challenge is strongly encouraged.</p> <p style="text-align: center;"><b>**ALL PARTICIPANTS MUST ARRIVE ON TIME AT 8:15AM FOR ENTRY INTO THE BIKE STROLL EVENT. PER BIRMINGHAM POLICE DEPARTMENT RULES, ALL RIDERS WILL COMPLETE THE COURSE IN ONE PACK PACED BY THE REDEMPTIVE CYCLES TEAM. RIDERS ARE PROHIBITED FROM BREAKING AWAY FROM THE PACK, JOINING THE PACK LATE, OR LEAVING THE PACK PRIOR TO THE COMPLETION OF THE EVENT**</b></p>

EVENT ROSTER
UNLIMITED
<p><b>ALL TEAM MEMBERS MUST CHECK IN AT THE FINISH LINE FOLLOWING THE EVENT IN ORDER TO RECEIVE POINTS. A CHECK IN TABLE WILL BE NEAR THE START/FINISH LINE FOR 10K BIKE STROLL, AND FITNESS WALK.</b></p>







## COORS LIGHT BASKETBALL SHOOTOUT

EVENT DETAILS	
CATEGORY	SKILLS CHALLENGE
FORMAT	DROP-IN
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 10:00AM-4:00PM
LOCATION	RAILROAD PARK, PAVILION AREA NEAR OBSTACLE COURSE
ROSTER SIZE	DIV 1 - 5 (1 FEMALE), DIV 2 - 8 (2 FEMALE), DIV 3 - 10 (2 FEMALE)
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 150, 2 <sup>ND</sup> PLACE - 75, 3 <sup>RD</sup> PLACE - 25
NOTES	Each company will be permitted to enter one (1) team in the Coors Light Basketball Shootout. Division 1 teams can enter 5 people (at least 1 female), Division 2 teams can enter 8 people (at least 2 females), and Division 3 teams can enter 10 people (at least 2 females). Each person will receive 60 seconds to shoot as many baskets as possible from their choice of five (5) designated spots of varying point values. All participants' point totals will be combined to produce a total team score to award 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> place within each division. In the event of a tie, tied teams will both be awarded the applicable finish and points. Your company's representatives can compete in this event at any time between 10:00AM and 4:00PM at his or her convenience around other activities of the day.

EVENT ROSTER (MINIMUM ONE (1) FEMALE FOR DIV 1 / TWO (2) FEMALES FOR DIV 2 & 3)	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	





## HIBBETT SPORTS FOOTBALL ACCURACY TOSS

EVENT DETAILS	
CATEGORY	SKILLS CHALLENGE
FORMAT	DROP-IN
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 10:00AM-4:00PM
LOCATION	RAILROAD PARK, 14 <sup>TH</sup> ST. SOUTH AREA NEAR HOME RUN DERBY
ROSTER SIZE	DIV 1 - 5 (1 FEMALE), DIV 2 - 8 (2 FEMALE), DIV 3 - 10 (2 FEMALE)
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 150, 2 <sup>ND</sup> PLACE - 75, 3 <sup>RD</sup> PLACE - 25
NOTES	All team members will have a total of five (5) throws at the target(s) of his or her choice and score points for successfully throwing the football through the target. Targets will be worth different points based on difficulty. All five (5) point totals will be combined to produce a total team score to award 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> place within each division. In the event of a tie, tied teams will both be awarded the applicable finish and points. Your company's representatives can compete in this event at any time between 10:00AM and 4:00PM at his or her convenience around other activities of the day.

EVENT ROSTER (MINIMUM ONE (1) FEMALE FOR DIV 1 / TWO (2) FEMALES FOR DIV 2 & 3)	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	





## ALFA SOCCER SHOOTOUT

EVENT DETAILS	
CATEGORY	SKILLS CHALLENGE
FORMAT	DROP-IN
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 10:00AM-4:00PM
LOCATION	RAILROAD PARK, 14 <sup>TH</sup> ST. SOUTH AREA NEAR HOME RUN DERBY
ROSTER SIZE	DIV 1 - 5 (1 FEMALE), DIV 2 - 8 (2 FEMALE), DIV 3 - 10 (2 FEMALE)
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 150, 2 <sup>ND</sup> PLACE - 75, 3 <sup>RD</sup> PLACE - 25
NOTES	All team members will have a total of three (3) kicks at the target(s) of his or her choice and score points for successfully kicking the soccer ball through the target from 12 yards away. Targets will be worth different points based on difficulty. All participants' point totals will be combined to produce a total team score to award 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> place within each division. In the event of a tie, tied teams will both be awarded the applicable finish and points. Your company's representatives can compete in this event at any time between 10:00AM and 4:00PM at his or her convenience around other activities of the day.

EVENT ROSTER (MINIMUM ONE (1) FEMALE FOR DIV 1 / TWO (2) FEMALES FOR DIV 2 & 3)
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.





## DUNN CONSTRUCTION GOLF CHALLENGE

EVENT DETAILS	
CATEGORY	SKILLS CHALLENGE
FORMAT	SCHEDULED DROP-IN
DATE AND TIME	THURSDAY APRIL 19 <sup>TH</sup> , 10:00AM-6:00PM
LOCATION	HIGHLAND PARK GOLF COURSE (3300 Highland Avenue South, Birmingham, AL 35205)
ROSTER SIZE	DIV 1 - 5 (1 FEMALE), DIV 2 - 8 (2 FEMALE), DIV 3 - 10 (2 FEMALE)
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 200, 2 <sup>ND</sup> PLACE - 100, 3 <sup>RD</sup> PLACE - 50
NOTES	<p>All team members will have six (6) swings at the target of his or her choice and score points for successfully landing their golf ball on the target. Targets will be worth different points based on difficulty. All five (5) point totals will be combined to produce a total team score to award 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place within each division. In the event of a tie, tied teams will both be awarded the applicable finish and points. Your company will be provided a window of time to complete the event on Thursday, April 19<sup>th</sup>. The time frames will be communicated to team captains as soon as possible after the close of registration on Wednesday April 11<sup>th</sup>. Each golfer will receive a 5-minute warm up period. <b>Additionally, each team will select 1 golfer for a bonus round. The bonus round will take place on the opposite end of the driving range. The golfer will have 10 shots in 30 seconds to hit as many balls through the target ring as possible. Each shot through the ring is worth 10 bonus points.</b></p>

EVENT ROSTER
(MINIMUM ONE (1) FEMALE FOR DIV 1 / TWO (2) FEMALES FOR DIV 2 & 3)
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.





## SURGICAL CARE AFFILIATES' HOME RUN DERBY

EVENT DETAILS	
CATEGORY	SKILLS CHALLENGE
FORMAT	DROP-IN
DATE AND TIME	SATURDAY APRIL 21 <sup>ST</sup> , 10:00AM-4:00PM
LOCATION	RAILROAD PARK, 14 <sup>TH</sup> ST. SOUTH AREA NEAR FOOTBALL TOSS
ROSTER SIZE	FOUR (4) BATTERS PLUS PITCHER, TOTAL ROSTER UP TO FIVE (5)
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 150, 2 <sup>ND</sup> PLACE - 75, 3 <sup>RD</sup> PLACE - 25
NOTES	Teams will compete in a Home Run Derby (using whiffle balls) similar to the format used in Major League Baseball. "Batters" will have one (1) minute to hit as many homeruns as possible. After four (4) "batters" have completed their one-minute time frame, all homeruns will be tabulated for a total team score. Each team can consist of up to five team members with four team members designated as "batters" while the other one spot can be filled by the team member who serves as "pitcher."

EVENT ROSTER
1.
2.
3.
4.
5.





## BOWLING

EVENT DETAILS	
CATEGORY	SKILLS CHALLENGE
FORMAT	SCHEDULED DROP-IN
DATE AND TIME	FRIDAY APRIL 20 <sup>TH</sup> , 10:30AM - 6:00PM
LOCATION	VESTAVIA BOWL (1429 Montgomery Highway, Birmingham, AL 35216)
ROSTER SIZE	DIV 1 - ONE TEAM OF FIVE (5) / DIV 2 & 3 - TWO TEAMS OF FIVE (5) MINIMUM ONE (1) FEMALE PER TEAM
POINTS AVAILABLE	1 <sup>ST</sup> PLACE - 200, 2 <sup>ND</sup> PLACE - 100, 3 <sup>RD</sup> PLACE - 50
NOTES	All team members will bowl one (1) complete game (10 frames) and all five (5) participants' point totals will be combined to produce a total team score to award 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> place within each division. In the event of a tie, tied teams will both be awarded the applicable finish and points. Your company will be provided a window of time to complete the event on Friday April 20 <sup>TH</sup> . The time frames will be communicated to team captains as soon as possible after the close of registration on Wednesday, April 11 <sup>TH</sup> .

EVENT ROSTER (MINIMUM ONE (1) FEMALE PER TEAM)	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	







## CHICK-FIL-A CORPORATE CHALLENGE

### **Assumption of the Risk, Release of Liability, Indemnity, Medical Waiver and Consent Agreement**

I understand and acknowledge that the reading and acceptance of the Assumption of the Risk and this Release, Indemnity, Medical Waiver and Consent Agreement is required before I can participate in the Chick-fil-A Corporate Challenge (hereinafter referred to as the “Event”). My participation in the Event is strictly prohibited without my acknowledgment and acceptance of the Assumption of the Risk and this Release of Liability, Indemnity, Medical Waiver and Consent Agreement.

I acknowledge, agree and represent that I understand the nature of the Event’s activities, and that I am qualified, in good health, and in proper physical condition to participate in the Event’s activities and have not been advised by a physician not to participate in the Event or similar activities. I fully understand that the Event’s activities include, among other things, Olympic-style field games that involve risks and dangers of serious personal injury or death and loss, stolen or damage to property (“Risks”). I acknowledge that even though I may be in good physical shape, there is a possibility of injury resulting from participation in the Event’s activities. These Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others attending the Event, participation in the Event’s activities, the condition in which the Event’s activities take place, or the negligence of the Releasees named below. I fully accept and assume these Risks and all other risks and dangers incidental to the Event as a result of my attendance and participation in the Event.

In consideration of my participation in the Event, I, on my own behalf and on behalf of my respective heirs, administrators, executors and successors, and assigns, hereby release and forever hold harmless and indemnify Knight Eady Sports Group, the Chick-fil-A Corporate Challenge, their administrators, directors, agents, officers, volunteers and employees, security personnel, other participating Event organizers, any Event sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Event’s activities take place, (each considered a Releasee herein and collectively referred to as “Releasees”) from any and all liabilities, losses, damages, rights, actions, suits, claims and demands of any kind whatsoever, which I, my heirs, administrators, executors and successors, and assigns, had, now have or hereafter may have, for any matter that relates to, arises out of, or is in any way connected with the Event. This release and agreement to hold harmless and indemnify includes, but is not limited to, any liability for any damages caused by the operation of the Event, the Event’s activities, my negligence, the intentional acts and negligence of others, the negligence of the Releasees, the awarding of prizes (if any), any loss or damage to any prize, any action, claim or suit for personal injury or death or loss or damage to property in connection with the acceptance, receipt, possession, use or misuse of a prize or while preparing for, participating in and/or traveling to the Event, any claims based on publicity rights, defamation, or invasion of privacy or failure to warn me or anyone else of known or unknown dangers or the failure to cure or attempt to cure such known or unknown dangers. If I, or anyone on my behalf, make a claim against any of the Releasees for any matter that relates to, arises out of, or is in any





way connected with the Event, I will hold harmless and indemnify each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I agree to individually provide all possible future medical expenses, which may be incurred by me as a result of any personal injury sustained by me while attending or participating in the Event, and I give my permission for a qualified physician, athletic trainer and/or hospital emergency room to administer necessary healthcare in the case of an accident and/or emergency.

I grant Knight Eady Sports Group and their respective designees the irrevocable permission to use my name, picture, voice, image and/or likeness in any media or promotional materials now or hereafter existing in connection with all or any part of the Event for any purpose whatsoever, including without limitation the commercial purposes of the Knight Eady Sports Group. I agree not to transmit or facilitate transmission of any account, description, picture or reproduction of the Event in any media now or hereafter existing without the advance written permission of Knight Eady Sports Group.

I have read the Assumption of the Risk, Release of Liability, Indemnity, Medical Waiver and Consent Agreement and fully understand its terms, understand that I have given up substantial rights by agreeing to it and have agreed to it freely, voluntarily and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I understand that this is an Agreement with legal effect in which, among other things, I waive and release certain legal rights I could possibly otherwise have in the future, and also agree to be financially responsible for certain future claims that could possibly arise against Releasees. To the extent any portion of this agreement is held to be invalid, the remainder, notwithstanding, shall continue in full force and effect.

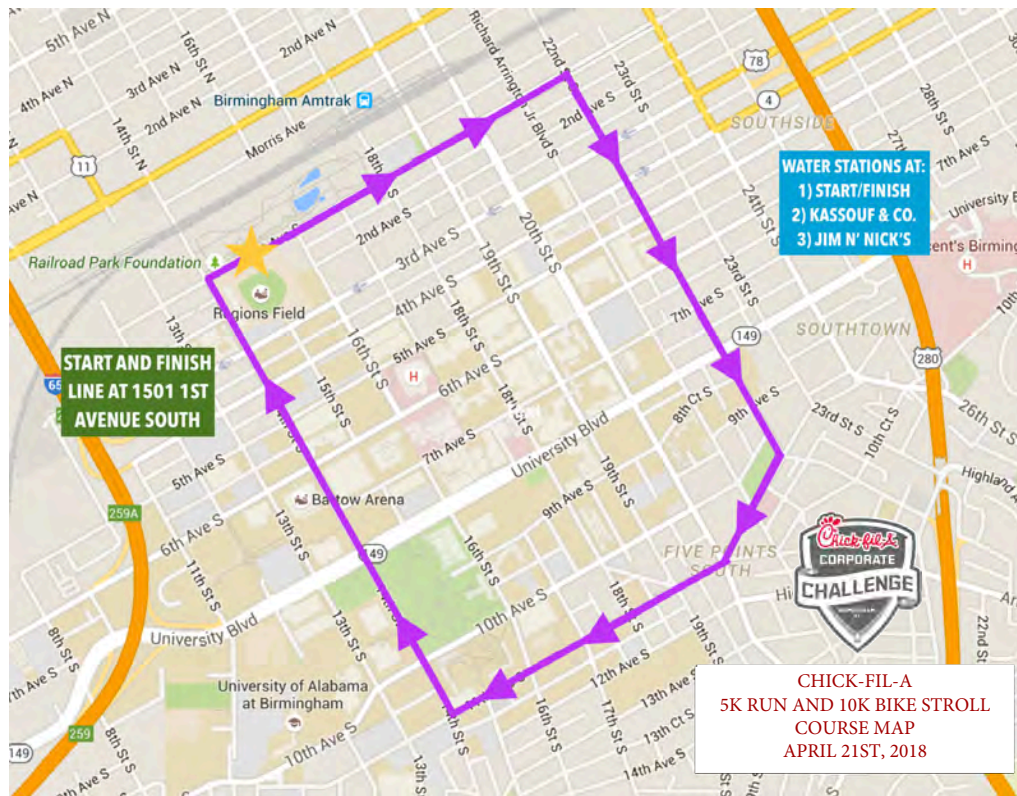
Box to click with Language

I have fully read, understand, agree and accept the Terms and Conditions of the Assumption of the Risk, Release of Liability, Indemnity, Medical Waiver and Consent Agreement in order to participate in the Chick-fil-A Corporate Challenge.





## THE CHICK-FIL-A 5K AND 10K BIKE STROLL (2LAPS) COURSE MAP





## FITNESS WALK (1 MILE) COURSE MAP

