



QUAD CITIES CORPORATE *GAMES*

Fitness Walk Rules

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Quad Cities Corporate Games in order to receive team points.

General Guidelines

1. This is a non-competitive walk. You may walk at your own pace and choose your own path.

QCCG Point System

- Participants will be awarded **5** participation points. No medals will be awarded.