



IMPORTANT
RACE DAY
INFORMATION

PLEASE
READ



Dear Company Captain,

The 2019 Marcum Workplace Challenge is almost here! We are anticipating an exciting evening. Here is the race day information that is pertinent to the event. Please review it and share it with your team members:

IMPORTANT LOGISTICS INFORMATION

When: July 30, 7:00 p.m. race start

Where: Jones Beach State Park, Field 5

- **Directions:** Meadowbrook Parkway or Wantagh State Parkway South to Jones Beach State Park. Follow signs to Jones Beach Theater.
- **Parking:** Due to the expected attendance, we suggest that you encourage your team members to arrive by 5:30 p.m., if business allows. Parking Field 5 generally is full by that time, so if employees will be arriving after 5:30 p.m., direct them to follow signs to Parking Field 4 and/or instructions from the NYS Parks staff.
 - If you are assigned to the “Purple Area,” you can also park in Field 6 and walk through the tunnel to Parking Field 5.

ERGONOMIC GROUP CORPORATE VILLAGE

- **Your Site:** The Ergonomic Group Corporate Village is the color-coded area for those who have reserved space. All Site Reservation requests were due by June 21. Please make sure to tell your team what section your company is located.
 - Captains will receive their specific set-up time via e-mail prior to race day. Tents may not be placed before 7 a.m. Please follow the instructions that you received for your assigned area.
 - Didn't reserve space this year? There is VERY limited space available. On the morning of Race Day, please see our staff at the Information Tent. Set-up in the unreserved areas begin no earlier than 11 a.m. This will be STRICTLY ENFORCED. Once a spot has been selected, report your location to our staff, in the Information Tent, so that we can assist your team in finding your site.
 - WE WOULD GREATLY APPRECIATE IT IF YOU COULD LEAVE YOUR SITE AS CLEAN AS YOU FOUND IT!!
- **Tent Companies:** All tent rental company and catering trucks **MUST enter Parking Field 5 via the Ocean Parkway Entrance**
 - The NYS Parks Dept. strongly suggests that **tent rental companies should use weights or barrels for erecting tents, on grassy areas, INSTEAD OF stakes** due to the underground sewage, water and electric lines. **If you have been assigned to the “Pink” or “Bayfront” sections, ONLY weights or barrels can be used – STAKES WILL NOT BE ALLOWED.**
 - The Bike Path from Parking Field 5 to TOBAY Beach closes at 1 p.m. If you or your tent rental company will be arriving earlier, please exercise caution when driving to the check-in area.

- Only vehicles unloading materials (tents, tables, food, etc.) will be allowed into the Ergonomic Group Corporate Village. They have until 3:30 p.m. to unload. ALL vehicles must be out of the Ergonomic Group Corporate Village by 4:00 p.m. Once these vehicles have unloaded they MUST return to the parking lot.
 - Breakdown/load out should not be attempted while the event is occurring. Trucks will not be permitted back into the event area **until 9:30 p.m.** Please plan accordingly.
 - All tents must be removed from the race site on Tuesday evening (July 30). Companies are responsible for removing all litter from their areas before leaving the race site.
- **SAFETY: Under the direction of NYS Park Police, Jones Beach State Park has initiated security measures throughout the park. As part of these measures all vehicles leaving the parking field and entering the Event Area will be screened. This process will require each vehicle to be inspected and the participating companies must make time to permit this process to occur. Please plan ahead and arrive early.**
- Rental companies should expect to have all equipment inspected prior to entering the event area and all vehicles will be inspected each time they enter the event space.
 - For event safety reasons (and NYS Parks rules): inline/roller skates, bikes, baby joggers/strollers, AND pets are forbidden on the course. Anyone who violates these may be disqualified.

REGARDING YOUR TEAM

- **Bibs:** Your participant bib numbers, scorecards and pins are included in this packet. [Download your Team Roster from the Online Team Captain Management system.](#)
- It is imperative for safety reasons that all participants wear their assigned bib number. Any bib number substitutions MUST be made formally through our office prior to July 25 or on Race Day at the Registration Tent between 2 and 6:15 p.m. (There are no refunds.)
 - Distribute your participant bib numbers early so that your team members can pick up their T-shirts/Goody Bags on race day.
 - Race Day packet pick-up: Will be open from 2 to 6:15 p.m. at the Information Tent.
- **Event T-shirts** will be available in small, medium, large, XL, XXL and XXXL. They can be picked up at the T-shirt tents on race day from 4 to 8:45 p.m. The tear-off strip on the bottom of each race number must be handed in to receive a shirt. Please ask your teammates to ask for the same size that they requested on their entry form.
- **The Runners:** Please ask your faster participants (10 minute per mile or better) to make their way to the start line at least 20 minutes prior to the start so they will be well positioned before the race goes off. Your slower runners and ALL walkers must line up at the Non-Competitive/Walkers Start line.
- All participants must start at the designated 7 p.m. start time or they will not be allowed out on the course.
 - If you have a wheelchair participant, please let us know so that we can make sure he/she is scored in that category. The competitive wheelchair athletes will start at 6:58 p.m.
 - Please review the rules, including eligibility, below. Make sure that anyone for whom you submit results meets the eligibility requirements.

- **Your Results:** Plan to enter your team and Top Dog results online. You have until 5 p.m. on Thursday, August 1 to enter your results, under the Results tab at www.marcumworkplacechallenge.com.
- Please note that a participant can only be listed on ONE team. (For example: Jane Doe can be submitted as part of a female team OR a COED team, but not BOTH.)
 - If you have entered someone in the “Top Dog” category, he/she can be submitted as part of a team as well as being scored as a Top Dog.
 - If you have entered someone in a “Top Dog” category and did not receive a “Top Dog” bib number (green for male, orange for female) please call us at 516-349-7649 to verify that your “Top Dog” was properly entered into the system.

** Please see the section on Scoring for detailed information about entering your results.*

JOIN THE FUN!

Please share with your team some other ways to get the most out of this fun evening.

- **Get Social With Us!** While you're enjoying the day, don't forget to let your friends know about it! Use #MarcumWorkplaceChallenge when posting pictures on Facebook, on Twitter @MarcumChallenge, and on Snapchat. Look for a custom Snapchat filter, too!
- Did you download the **NEW Marcum Workplace Challenge APP** yet? Find information on schedules, maps, beneficiaries, sponsors, and the valuable FAQs. Get the app at: <http://www.marcumworkplacechallenge.com/race/mobile-app>.
- **NEW THIS YEAR: Marcum Workplace Challenge Beer!** Look for the beer tasting tent, near the Information Tent, for your chance to taste this limited edition brew – a lift dry hopped wheat, with citrus peel – created by the Long Island Brewers Guild and their Craft Cares initiative.
 - Must be 21 to enter. Valid ID required. No children or strollers will be allowed inside the tent.
- Look for the **Jumbotron TV** presented by **Bethpage Federal Credit Union** at the start/finish line! We will be broadcasting important race information, pre-race stage activities and streaming the participants finishing the event!
- Please visit the **PSEG Long Island Smart Energy Lab and Charging Station**, located near the Information Tent in the parking lot.
- Visit the **Post Race Refreshment Stop** after you pass through the finish line!
- **Bring food donations!** See the list of most needed donations from Long Island Cares-The Harry Chapin Food Bank (attached).
- Bringing your kids along? Join the **Long Island Children's Museum** in the Kids Corner (located in the Orange Section) for some fun crafts before and during the grown-up's race.
 - But remember – no baby strollers or joggers on the race course.
- Visit the **Bethpage Federal Credit Union** Tent, located along the fence outside of the Corporate Village, and **have some Family Feud fun!**

- “Smile”! Visit the **SOAR** photo booths, presented by **National Grid**, located near the t-shirt tents. You can also take a photo or a selfie in front of the official Marcum Workplace Challenge banner, located along the fence outside the Corporate Village.
- Enjoy the tunes! Our “house band” **Ready in 10**, presented by **National Grid**, will entertain the crowd, starting at 5:30 p.m., near the awards stage. 102.3 WBAB/106.1 BLI will have music vans along the course!

GENERAL INFORMATION

- **Medical staff** will be available in the medical tent adjacent to the finish line as well as on the course. Make sure that your participants seek medical assistance if they are not feeling well. Please have them complete the Medical Information Form that is on the back of their “bib number.”
 - **Water** will be available near the start of the race, at the finish line, and at every mile marker on the course. Please be sure to properly hydrate yourself before, during and after the event!
 - **Restrooms** are available in the building adjacent to the concession stand. There will also be plenty of portable restrooms available near the t-shirt tents.
 - **Recycling Bins** will be in the refreshment area. Please put all cans and bottles in the recycling bins.
 - **Volunteers** are always welcome!
 - **In advance of the race:** Visit www.marcumworkplacechallenge.com/about/volunteers to sign up for an assignment.
 - **At the race:** Report to Volunteer Check-In, located at the Information Tent, by 6 p.m. All volunteers will receive an event t-shirt!
- **RACE START:** The race starts at 7 p.m.
- **Start Lines:** There will be two start lines – one for competitive runners (those who plan to run at a 10:00 minute mile pace or better) and one for non-competitive runners and walkers. Please make sure your team members line up appropriately in order to ensure the safety of all of the participants.
 - **Walkers:** All walkers must start behind the non-competitive/walkers start banner and may not start prior to the official 7:00pm race start time. Walkers must complete the official 3.5 mile race course. Companies may be disqualified if their participants violate this rule.
 - **Competitive wheelchair athletes** will start **2 MINUTES** prior to the runners and walkers for the safety of all participants. All non-competitive wheelchair athletes will start with the non-competitive runners and walkers.
 - **Race numbers:** Please make sure each participant completes the information on the back of the race number. All race numbers should be worn on the front of their shirt. Race numbers should be fully visible.
 - **Water** will be available near the start of the race, at the finish line, and at every mile marker on the course. Please be sure to properly hydrate yourself before, during and after the event!
 - **Pre-Race Warm-up** will begin at the Start Stage at 6:40 p.m., provided by R.J. Cincotta of Orange Theory Fitness.
- **TEAMS**
- Teams are designated as follows:
 - Men's team: consists of 4 men
 - Women's team: consists of 4 women
 - Co-ed team: consists of 2 men, 2 women
 - A person can only compete on one team.
 - A "Top Dog" participant may also compete on a team.

RULES/ELIGIBILITY

- The Marcum Workplace Challenge is open to any employee of a company, non-profit organization, school or governmental agency and, his/her family and friends. **All participants must be 18 years of age or older to score.**
 - All participants must register for the event and be listed on their company roster form in order to participate.
 - Participants must wear their pre-assigned number. Substitutions must officially be made by the team captain prior to July 26 through the Marcum Workplace Challenge office or on race day between 2 and 6:15 p.m. at the Registration Tent.
 - Each organization may submit one "Top Dog" entry form. The person competing in this category must be the most senior executive registered for and participating in the event. The company must have a minimum of 5 participants in order to submit a Top Dog entry.
- **Scoring.** This is a self-timed event. All participants are responsible for looking at the time on the clock as they pass through the finish line and reporting that time to their team captain. All registered and eligible participants can score. The team captain is responsible for submitting results online no later than Thursday, August 1. This is *optional* and at the discretion of each team.
- **Enter your results online.** You have until 5 p.m. on Thursday, August 1 to enter your results online at www.marcumworkplacechallenge.com/results/2019
 - Please note that in order to enter "TEAM RESULTS" you must choose either Male team, Female Team, or COED Team. You can enter teams in each category. Make sure to have each participant's name, bib number, age, gender, and race time available.
 - A Top Dog is eligible to also score on a team.
 - A Participant can only score on one team (either Male, Female, or COED)

AWARDS

- | | |
|--|---|
| • Top 5 Overall Male and Female Finishers | • Engineering/Architectural Firm Challenge - Top Male, Female, and Coed Teams from an engineering or architectural firm |
| • Overall Male and Female "Top Dog" (most senior executive) | • First Responders Challenge - Top Male, Female, and Coed first responder teams |
| • Top 10 Men's, Women's, and Coed Teams | • John E. McGorry Spirit of the Race award |
| • Largest Team | • Beneficiary Fund Challenge: Team award and (NEW THIS YEAR) Individual award |
| • The Legal Challenge - Top Male, Female, and Coed Teams from a law firm | • T-Shirt awards (5 categories) |
| • Healthcare Challenge - Top Male, Female, and Coed Teams from the healthcare industry | • NEW THIS YEAR: One in a Million Award |

Race night awards ceremony will take place at the Awards Stage, located in the "Red" section, at 8:30 pm.

QUESTIONS?

- **Before race day:** (516) 349-7649 or director@marcumworkplacechallenge.com.
- **On race day:** See our staff in the Information Tent at Jones Beach State Park, Parking Field 5.

Please make sure that each participant completes the
Medical Information on the reverse side of their "Bib Number"



FRONT:

101

Good for One Goody Bag

No. 101

BACK:

EMERGENCY INFORMATION

For your safety and protection, please fill out the following information prior to the race.
This will be our only record of emergency information. Use ball point pen!

Name: _____ Age: _____

In case of Emergency contact:

Name

Telephone Number _____ or _____
Telephone Number

Significant Medical History:



Hot Weather Training Tips

- **Make sure to drink plenty of water before, during and after the event. Do not wait until you are thirsty to drink....by then it is too late**
- **Wear light weight and light colored clothing**
- **If it is very hot and you are feeling uncomfortable.... Slow Down.... Walk**
- **If you feel faint, please seek medical attention**
- **The Medical Tent will be located adjacent to the Finish Line in parking Field 5. There will also be medical assistance along the course**

TOP 10 MOST NEEDED ITEMS

In an effort to provide the most effective service to those we serve, this list represents our highest food priorities. These items are high in both demand and nutritional value.

While we continue to accept items outside of this list, we kindly ask you to focus your efforts with these items in mind so, together, we can have the maximum impact for individuals facing hunger.



LOW-FAT, BOXED, & NON-REFRIGERATED MILK



WHITE RICE



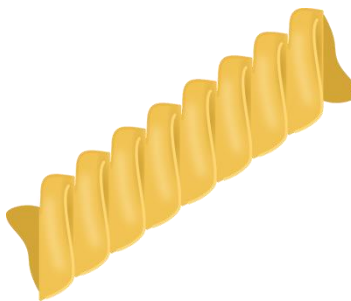
CANNED VEGETABLES



COOKING OIL



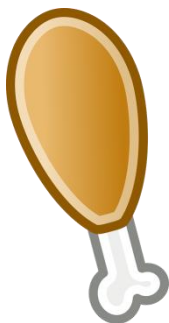
CEREALS



PASTA



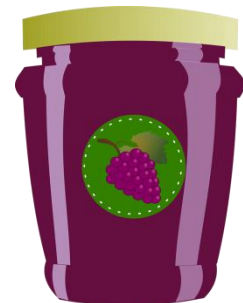
TOMATO SAUCE



CANNED MEAT, POULTRY, & FISH



PEANUT BUTTER



JELLY, JAM, & SPREADABLE FRUIT

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



We kindly ask that you donate products that are in boxes, cans, or plastic bottles, and do not require refrigeration. To promote healthy eating, we ask for items that are low in sugar/sodium and free of high fructose corn syrup. Please, no glass jars.

For more information, visit www.licares.org

14th Annual
**MARCUM
WORKPLACE
CHALLENGE**

**MOST
CREATIVE
COMPANY
T-SHIRT
CONTEST**

PLEASE SUBMIT
your Company's Team Shirt!

CATEGORIES

- Best Event Related Slogan
- Best Graphic Design
- Most Colorful
- Best Use of the Marcum Workplace Challenge Logo

**All entries must be received by
Friday, July 26, 2019 at 4pm.**

To enter the contest

1. If using the Marcum Workplace Challenge Name and/or Logo, please make sure they are the official Event name (Marcum Workplace Challenge) and the official logo which is accessible at: www.marcumworkplacechallenge.com
2. Submit your company t-shirt with your business card attached
3. Please specify the category that you are entering
4. Mail or drop-off:
**Marcum Workplace Challenge
Creative Company T-Shirt Contest
101 Dupont Street, Suite 24
Plainview, NY 11803**

Winners will be notified on race evening
FIRST PLACE WILL BE AWARDED IN ALL 4 CATEGORIES

Visit us on Facebook: www.facebook.com/marcumworkplacechallenge

MARCUM
ACCOUNTANTS & ADVISORS

Bethpage
Federal Credit Union
We care about what you care about.™

Capital One INVESTING for Good™



Ergonomic
GROUP

EmpireNationalBank

PSEG LONG ISLAND

MARCUM
TECHNOLOGY



TELEPHONICS
Trusted Technology for a Tactical Advantage
A Cogent Company

WIDEX



nationalgrid
HERE WITH YOU, HERE FOR YOU.

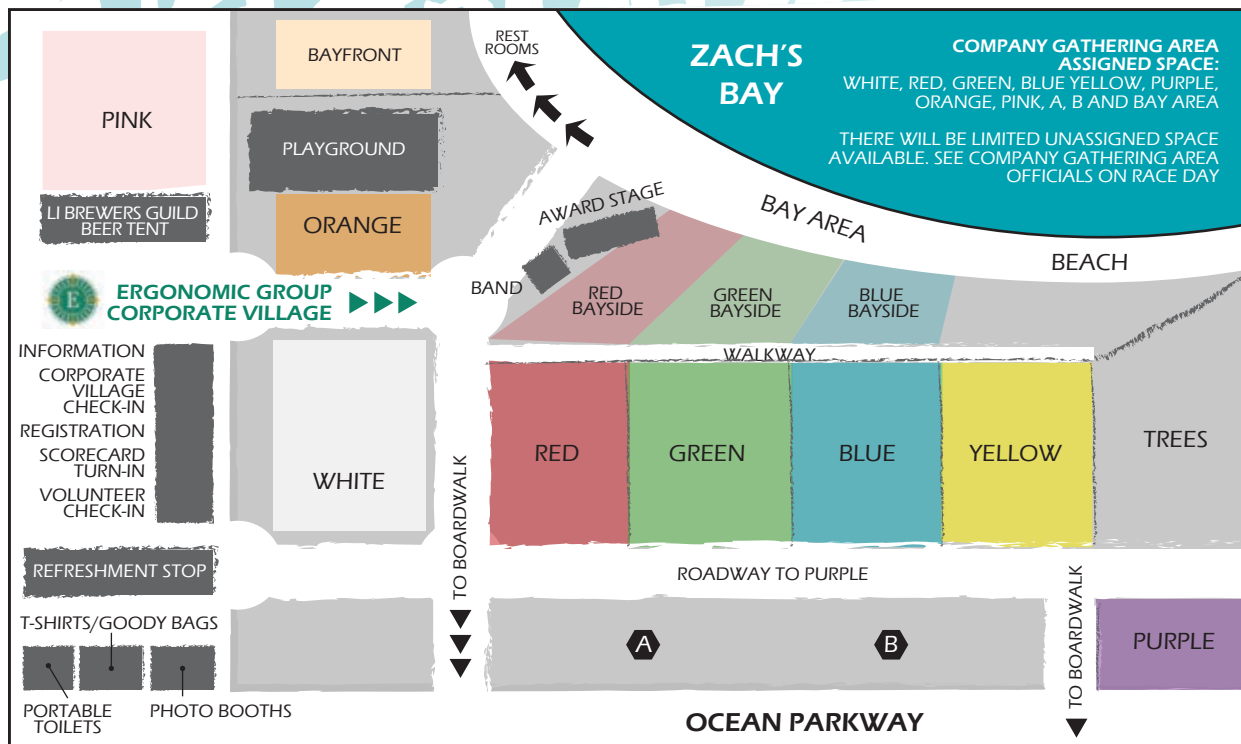
**SOIL MECHANICS
DRILLING CORP.**
LEADING THE INDUSTRY SINCE 1907

JOIN THE FUN AT LONG ISLAND'S LARGEST OFFICE PICNIC!
A 3.5 MILE CHALLENGE OPEN TO ALL RUNNERS AND WALKERS

JONES BEACH STATE PARK

COURSE MAP

SETUP MAP



COURSE MAP



MARCUM WORKPLACE CHALLENGE

ROAD TO \$1 MILLION

The Beneficiary Fund Challenge

The Beneficiary Fund Challenge allows you to make donations directly to one or all four of our beneficiaries:

The Children's Medical Fund of NY
Long Island Children's Museum
Long Island Cares - The Harry Chapin Food Bank
The Nassau County Society for the Prevention of Cruelty to Animals.

More information about the beneficiaries are on our website.

Get Rewarded for Participating!

Enlist friends, family and colleagues to donate! The company AND the individual that raises the most donations by Monday, July 29, 2019 will earn Beneficiary Fund Challenge Awards on event night.

Not participating at the event?

You can still support our beneficiaries by donating!

To donate to the Beneficiary Fund Challenge:
www.MarcumWorkplaceChallenge.com

TUESDAY, JULY 30, 2019
JONES BEACH STATE PARK

3.5 MILES FOR
RUNNERS AND WALKERS,
12,000 ATTENDEES,
200 LOCAL COMPANIES
LONG ISLAND'S LARGEST
CORPORATE PICNIC
BENEFITING LOCAL
LONG ISLAND CHARITIES

14th Annual

MARCUM WORKPLACE CHALLENGE

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