

# 2019 GOVERNOR'S CUP

# 5K

## RUN/WALK

### GET IN ON THE FUN, FROM ANYWHERE!

Last year's off-site participation option was such a hit that we've brought it back. All State of Delaware employees and pensioners, as well as faculty and staff from all public school districts and charter schools, can participate. So even if you can't make the race, you can still get out and move! Register to be there in spirit, and complete your own 5K from wherever you are on October 15.

**Register today and be part of the tradition and celebration.**

**Tuesday, October 15, 2019**

**Participate in the 5K Run/Walk  
at the Governor's  
Residence at Woodburn**  
151 Kings Highway  
Dover, DE 19901

**Participate off-site**  
Walk, jog, or run 6,400 steps —  
roughly the equivalent of a  
5K — during the workday.

FREE 5K Run/Walk or a 1-mile noncompetitive walk, exclusively for State of Delaware employees and pensioners, plus faculty and staff from all public school districts and charter schools.

**Find more information and register today at [GovernorsCup5K.com](http://GovernorsCup5K.com).**

If you need a reasonable accommodation, please contact [govcup5k@healthyladelaware.org](mailto:govcup5k@healthyladelaware.org).

