

Sign your organization up to participate in the 2023 Monumental Corporate Cup

Did You Know?

Companies with wellness programs see 25% fewer sick days and that 77% of employees attribute positive cultural changes to health and wellness programs? The Monumental Corporate Cup is a great opportunity to help you implement an engaging and fun wellness program within your organization.

What is the Monumental Corporate Cup?

The Challenge is a no-cost, employer-based wellness initiative where companies compete with other, similar sized companies. Employees, family and friends of participating companies are also able to join your team and score points by participating in or volunteering at the three Beyond Monumental events – the Indianapolis 5K and Monumental Mile, the Indy Half Marathon at Fort Ben and the CNO Financial Indianapolis Monumental Marathon!

Companies are categorized based on the number of employees based in Central Indiana.:

- Small Business Category: 0 50 FT Employees
- Medium Business Category: 51 500 FT Employees
- Large Business Category: 501+ FT Employees

What are the benefits?

In addition to a healthier, happier workforce, Beyond Monumental can host a virtual lunch and learn and registration drives to share more information about the event and help your employees prepare for race day.

How can you score points?

Your company can score points through race participation and for volunteering! Check out the points breakdown below:

- **4 points**: Completing the CNO Financial Indianapolis Monumental Marathon
- **3 points each**: Completing the CNO Financial Indianapolis Monumental Half Marathon, CNO Financial Indianapolis Marathon in a Month, the Indy Half Marathon at Fort Ben or the Road to Lady Victory Challenge
- **2 point each**: Completing the Indianapolis 5K, the Monumental Mile, the Indy Half Marathon at Fort Ben 5K, the Kids One Mile at the Indy Half Marathon at Fort Ben or the CNO Financial Indianapolis Monumental 5K
- **1 point for each volunteer shift at the following events:** Official Monumental Volunteer events, Race Days and Packet Pickup/Expo Days.
- 1 bonus point for: participating and/or volunteering at all three Monumental events!

How is the winning organization selected?

Final standings will be determined based on the number of total points accumulated from January through December. The winning team in each division will receive a donation made in their name to their preferred charity and a **traveling trophy** for display.



To learn more about the Monumental Corporate Cup or to sign your organization up to participate, please contact <u>Challenge@beyondmonumental.org</u>