



# TEAM WEEK AUGUST 23-27

Get discounts and earn prizes by raising funds and rallying your team!

## TEAMS make a bigger impact on Lung Health and Clean Air. Get your TEAM On today and unlock REWARDS

**Day One**  
Monday,  
Aug 23

### Monday Focus: TEAM BUILDING

Ask, Ask, Ask. The #1 reason people join a TEAM is because they were asked. Asking is simple: email, in-person, or on social media! Challenge everyone you speak with to join your team – virtual options exist too, so involve friends and family even if they live out of state.

Running can be lonely, **TEAMS make it way more fun**. Just for you we're discounting registration by 50% to help you build your **TEAM** – use the discount code **TEAM21** (all caps, no spaces) this week only (code expires 8/27 at 11:59pm).

**Day Two**  
Tuesday,  
Aug 24

### Tuesday Focus: TEAM CONTEST

We may not miss being in the office, but we miss our colleagues. So plan for fun and team building at Red Rocks. With a fun run/walk, 5K or 10K option, there is a race for everyone. Oh, did we mention prizes!

ALL TEAMS (Friends/Family & Corporate) will receive one-contest entry for every team member registered by this Friday, 8/27 at 11:59. Bigger the team, better odds of winning. **The prize is a hard-sided 25 QT IGLOO Cooler – perfect for tailgating.**



### Wednesday Focus: SHARE WHY

Whether you are running to support a friend, jogging to honor a loved, or walking to hit a personal fitness goal, every participant and team will be making a positive impact on lung health and clean air initiatives in Colorado! **Share WHY your TEAM is doing Run the Rocks this year? Share to: @runtherocksco** for a chance to win pre-race donuts for your team. Mmmm donuts.

**Day Three**  
Wednesday,  
Aug 25

### Thursday Focus: Team Champions are our Clean Air Connection

Do you check air quality before deciding to exercise outside? For more than 26 million adults (and 6.1 mill children) air pollution and ozone danger days make it difficult to enjoy outdoors in Colorado. TEAMS raising funds can champion clean air policies that protect lung health and let all of us breathe better. **TEAMS with 15+ team members can have their Team Name on the back of their Run the Rocks event shirt (all 15 must be registered by 9/17 to qualify).**

**Day Four**  
Thursday,  
Aug 26

### Friday Focus: FUNdraising

Teams put the FUN in fundraising. Raffle off a dinner, chili cook-offs, and so much more. Funds raised at Run the Rocks fuel urgently needed programs, research and advocacy. **TEAM captains whose team fundraises \$1,000 or more will get a VIP bag and VIP beer garden invite (no waiting in line require) post-run. Raise \$2,500 or more, get a Team Tent at the Start Line**

**Day Five**  
Friday,  
Aug 27