



# COME HAVE A FEW DRINKS WITH YOUR COWORKERS.

If you have a thirst for a real challenge, we've got just the event for you **the CDPHP® Workforce Team Challenge** on Thursday, May 19. This is the Capital Region's classic 3.5-mile workforce team run — and the largest annual road race between Utica and New York City. Last year was a record turnout, attracting 8,654 runners/walkers and 449 participating companies and organizations.

Formation of either a running team or walking team is easy: We need just four people per team to be in the running for team competition (four men, four women, or two of each). So join your fellow workers and gather in downtown Albany for a good time. It's a cool thing to do.

Visit [www.cdphpwtc.com](http://www.cdphpwtc.com) for event details.



**THURSDAY MAY 19, 2011**

**6:25PM**

**EMPIRE STATE PLAZA**

**For company team information, contact:**

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**Albany Police  
Athletic League**



# WE'RE MOVING CASUAL FRIDAY UP A DAY.

On Thursday, May 19, leave the loafers and heels at home and join us for the **CDPHP® Workforce Team Challenge**. This is the Capital Region's classic 3.5-mile workforce team run — and the largest annual road race between Utica and New York City. Last year was a record turnout, attracting upwards of 8,600 runners/ walkers and 449 participating companies and organizations.

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# FINALLY, YOUR CHANCE TO TELL THE BOSS TO PICK UP THE PACE.

Ready. Set. Go. Set your watch for the **CDPHP® Workforce Team Challenge** on Thursday, May 19. This is the Capital Region's classic 3.5-mile workforce team run — and the largest annual road race between Utica and New York City. Last year was a record turnout, attracting upwards of 8,600 runners/walkers and 449 participating companies and organizations.

Formation of either a running team or walking team is easy: We need just four people per team to be in the running for team competition (four men, four women, or two of each). So join your fellow workers and gather in downtown Albany for a good time. It's the one day when you are encouraged to watch the clock.

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