

# Rock 'n' Roll San Antonio Marathon & 1/2 Marathon

November 13, 2011



## Information for City of San Antonio Employees

### Registration

City of San Antonio employees must register online via the Rock 'n' Roll Marathon website at <http://runrocknroll.competitor.com/san-antonio> (paste this link into your internet browser to access the website). Online registration closes November 6th. This race sells out; register early!

### Fees

Employees will automatically receive a \$10 discount by registering for the **Get Fit Challenge** with team: **City of San Antonio**. The discount is applied at check out for the half marathon and full marathon only.

Marathon	1/2 Marathon	2-Person Relay
\$120 (8/1 – 11/6/11)	\$105 (8/1 – 11/6/11)	\$175 Per Team (8/1 - 11/6/11)
\$145 (At Expo, if available)	\$145 (At Expo, if available)	

### Get Fit Challenge

City of San Antonio Employees have won the **Get Fit Challenge** for the past two years, and we are very excited to participate again this year! The Get Fit Corporate Challenge was created to motivate San Antonio companies to get healthy together by training as a TEAM for the Rock 'n' Roll San Antonio Marathon or 1/2 Marathon. The emphasis of the GFC is not how fast we can reach to finish line; the "GFC champions" will be crowned based on our overall participation in the Municipal Division. Therefore, runners and walkers across all levels of fitness are encouraged to participate.

### City Training Program

Employees are invited to join a training program conducted by USA Fit Soler's Sports. The six-month training program is for walkers, joggers, beginning runners, and long-time runners. See complete details in the sidebar to the right.

Benefits: Full membership into the USA Fit Soler's Sports Half Marathon training program (\$110 value); 2 coached sessions per week; two technical training shirts; training log; weekly training schedules; online resources; pace group coaching; weekly seminars and supported long runs/walks; weekly email newsletters with articles and information; benchmark events; race day support; discounts from program sponsors, and insurance coverage.

### City Employee Wellness Program

Maintaining a physical activity journal for eight (8) weeks is considered an eligible activity for the Wellness Rewards Program. This activity is worth a contribution of \$25 to a Flexible Spending Account. **September 15th** is the final deadline for the Wellness Rewards Program. For more information visit, [www.sanantonio.gov/hr](http://www.sanantonio.gov/hr).

### City Training Program Additional Information

#### Saturdays

May 21st—November 13th,  
6:30 a.m.

Choose from four locations:  
Soler's Sports Helotes  
Soler's Sports Stone Oak  
Spectrum at Concord Plaza  
YMCA in New Braunfels

#### Tuesdays

June 7th—November 8th,  
6:30 p.m.  
Lion's Field, 2809 Broadway

#### Rates

New participants - \$80 each  
Returning participants - \$60each

#### Eligibility

All City employees are eligible to participate. Each participating employee can invite one guest to join at the special rate; guest must be a spouse or dependent. Participants may invite additional guests to join the special City program at the regular rate for USA Fit San Antonio.

#### Information Session (Optional)

May 18th  
Municipal Plaza B Room  
114 W. Commerce, 1st Floor  
12:15—12:45 p.m.

#### Registration

**Registration closes June 21st.** Register at the information session on May 18th or online at [www.sanantoniofit.com](http://www.sanantoniofit.com) and enter the code **cosanew2011** for new members and **cosaret2011** for returning members to receive a discount.