

HYATT REGENCY SAN FRANCISCO

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Memorandum

TO: ALL CORPORATE PARCOURSE CHALLENGE
PARTICIPANTS

FROM: SUSAN PARROTT & THE PARCOURSE
CHALLENGE STAFF AT THE HYATT
REGENCY

DATE: DECEMBER 3, 1982

RE: PARCOURSE CHALLENGE RESULTS

All of us at the Hyatt Regency would like to thank you for participating in this year's Annual Corporate Parcourse Challenge. Your enthusiasm made it a fun event and provided support for the San Francisco Special Olympics.

Congratulations to Marsh McLennan for setting a new course record of 17 minutes and 8 seconds! It'll be a tough time to beat.

Hope you enjoyed the Challenge!

<u>TEAM</u>	<u>TIME</u>
1. Marsh McLennan	17:08
2. Hewlett Packard (Team #1)	17:24
3. Hewlett Packard (Team #2)	17:25
4. Rolm Corporation (Team #1)	17:33
5. Arthur Andersen & Co. (Team #1)	18:29
6. REI Coop	18:53
7. Amador Valley Athletic Club	19:26
8. Levi Strauss & Co.	19:44
9. Donaldson Lufkin & Jenrette	20:18
10. Wyatt Company	20:44
11. Utah International, Inc.	21:10
12. Bechtel	21:16
13. Drexel, Burnham, Lambert	21:33
14. Rolm Corporation (Team #2)	21:43
15. Arthur Andersen & Co. (Team #2)	21:53
16. Western Messenger Service	22:44
17. Telegraph Hill Club	22:50
18. Bekins Moving & Storage	23:06
19. Jacobs Associates	23:46
20. Paul Masson (Team #2)	24:01
21. Bayside Electrical Distributors	24:05
22. Getz Travel	24:06
23. General Services Administration	24:41
24. Coen Company, Inc.	25:00
25. Sutro & Co.	25:31
26. Computer Graphics World	26:03

CORPORATE PARCOURSE CHALLENGE RESULTS, CONT'D

<u>TEAM</u>	<u>TIME</u>
27. San Francisco Newspaper Agency	26:16
28. Embarcadero Center, Inc.	26:27
29. Paul Masson (Team #1)	27:19
30. Emett & Chandler	Disqualified

Congratulations to Lisa Corbett of Marsh McLennan for setting a new course record two years in a row. Lisa's time this year was a very fast 5:05.

Also, Rolm corporation's Sam Medford ran the fastest individual male time of 5:19!

A round of applause is certainly due the two Hewlett Packard teams who always run well (1981 1st and 2nd place winners), and always run similar times.

The Corporate Parcourse Challenge is becoming more competitive each year. We look forward to the 5th Annual event next September and we invite you to represent your company in another benefit for the Special Olympics. Thanks again and best wishes for a joyful holiday season.

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CORPORATE PARCOURSE CHALLENGE

Definition of Exercises

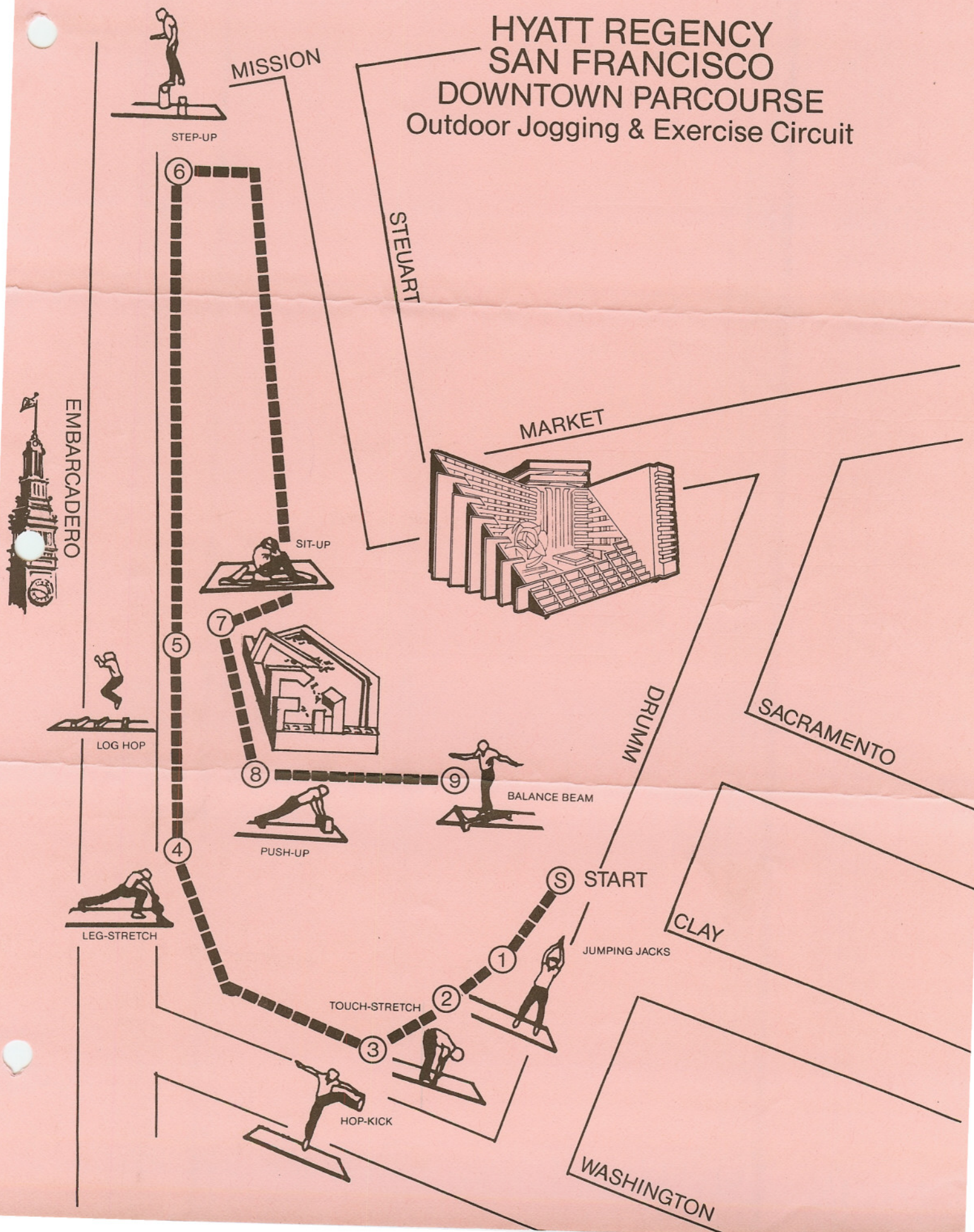
NOTE: The exercises at each station must be performed as described below. Any form of an exercise other than noted will be grounds for possible disqualification by the station judge.

- 1) Station 1 - Jumping Jacks Men - 30 Women - 20
 - a) Begin with arms at sides, feet together. Jump, spread legs while raising arms and clap hands above head.
 - b) Recover by jumping to starting position (hands must slap thighs).
- 2) Station 2 - Touch Stretch Men - 30 Women - 20
 - a) Stand erect, hands on hips. Bend down and touch toes.
 - b) Rise on toes and stretch arms straight overhead, with body straight. Repeat.
- 3) Station 3 - Hop Kick Men - 15 Women - 10
 - a) Stand erect and hop off one leg.
 - b) At the same time, kick other leg straight out and extend hand to touch toe.
(Foot must come to at least waist high).
 - c) Repeat, alternating sides.

Total on each leg?
- 4) Station 4 - Leg Stretch Men - 15 (each leg) Women - 10 (each leg)
 - a) Grasp bar with arms outstretched.
 - b) Place right knee under chest, stretch left leg straight outward.
 - c) Hop up and reverse leg positions.
 - d) 1 repetition equals a single leg reversal.

30 total.
- 5) Station 5 - Log Hop Men - 3 times Women - ~~10~~² times
 - a) Hop over logs, keeping legs and feet together.
 - b) 1 repetition equals one time through the logs. Participant must run to beginning of logs to start second repetition.
- 6) Station 6 - Step-Up Men - 10 times Women - 10 times
 - a) Place left foot on stump.
 - b) Step up, straightening left leg and touch right foot to the top of stump.
 - c) Step down with right foot and then the left, making sure both feet are on the ground.
- 7) Station 7 - Sit-Up Men - 20 Women - 10
 - a) Sit on bench, feet under foot beam.
 - b) Clasp hands behind head and lean forward until elbows touch knees. Then, lean backward until back touches rear support beam. Recover.
- 8) Station 8 - Push-Up Men - 20 Women - 10
 - a) Grip bar, arms outstretched, on toes, with back and legs straight.
(Women may touch knees to ground instead of toes.)
 - b) Lower yourself until chest touches bar, keeping body straight. Push-up to starting position.
- 9) Station 9 - Balance Beam Men - 1 time Women - 1 time
 - a) Stand erect on end of balance beam and walk forward to opposite end.
(If you fall off, you must get back on the beam at point you fell).

HYATT REGENCY
SAN FRANCISCO
DOWNTOWN PARCOURSE
Outdoor Jogging & Exercise Circuit





CORPORATE PARCOURSE CHALLENGE

RULES

1. Team members will run the Parcourse sequentially.[?] Individual male and female times will be recorded as well as the combined team time.
2. There are nine exercise stations along the 1/2 mile Parcourse, each with graphic signs depicting an exercise to be performed and a number of repetitions for each exercise. The number of repetitions required for men and women will be according to the following guidelines:
 - MEN - All exercises will be performed at the Championship level (most difficult) as noted on the station signs.
Exceptions: Station #6-STEP UP - 10 repetitions on the highest log, using either leg
Station #9-BALANCE BEAM - 1 time through, forward only
 - WOMEN - All exercises will be performed at the Sporting level (intermediate) as noted on the station signs.
Exceptions: Station #6-STEP UP - 10 repetitions on the middle log, using either leg.
Station #8-PUSH UPS - may be performed from the knees
Station #9-BALANCE BEAM - 1 time through, forward only
3. Execution of each exercise must be done exactly as depicted by the drawings on the Parcourse station signs.
4. There will be judges at each exercise station who will disqualify any participant who does not complete the correct number of repetitions accurately.
5. The course will be clearly marked with directional signs and all runners must adhere to the route.
6. Starting time segments will be issued to each company prior to the event. The first team will start at 12:00 noon and the winners will be announced at approximately 2:00PM. *We go @ 12:30.*
7. It is recommended that all teams familiarize themselves with the course prior to the event.
8. Have fun & mix business with pleasure and good health!!
9. All team participants must be currently employed by the same company. If questioned, non-observers of this rule will be disqualified.