

# RACING FOR WELLNESS REIMBURSEMENT PROGRAM

*Please consult your doctor before starting any exercise program.*

We are encouraging you to run, walk or bike in a race during the 2023 calendar year! Races include a MudRun, 5k, 10k, marathon, half marathon, triathlon, obstacle course, or any other race that requires you to be active. If you successfully complete a race and provide the proper proof any time in 2023 from January 1, 2023 - December 31, 2023, (all forms and materials must be submitted to Human Resources, by close of business on **January 9, 2023**), the Wellness Program will reimburse the cost of the registration fees, up to \$150.00, for the calendar year, for the employee only. Reimbursement requests can be sent for each individual race, or you can save them and submit several at one time.

If you're new to running and you need additional information about what a 5k is and how to train for one, there is some helpful information below. If you're experienced and need no training, maybe you can bring along a friend or co-worker to get started with you!

Click [Couch to 5K](#) on the link below to get a day-by-day Couch to 5k Training Plan!

You're a new runner and you keep hearing about it. Your friends have encouraged you to sign up for one, but you're not sure how long a 5k is and if you can do it. Now's the time!

## **What is a 5k?**

The "k" stands for kilometer. A kilometer is 0.62 of a mile, which makes a 5k race 3.1 miles long or 16,368 feet long or 5,000 meters long. In general, 5000 meters refers to track or cross-country events while a 5k refers to road racing events.

A 5k is considered the entry level distance for road racing and is the most beginner friendly choice if you're looking to break into road racing. With some training, you will be able to complete a 5k without stopping to walk.

A Couch to 5k training program is one of the most popular training plans for runners who want to get off the couch and run 3.1 miles after just a couple months.

If you're looking to run your first 5k, you can simply focus on the distance knowing that you will already be setting a PR (personal record) that day. As you build up to your second or third 5k, you can focus more on time.

A 5K is long enough to challenge you, but not so far that you'll become discouraged. At 3.1 miles, a 5K is a very doable running distance.

## **Reimbursement Steps for your Race**

- 1. Complete the Race Reimbursement Request form**
- 2. Submit your race reimbursement request form, along with proof of registration and payment to Human Resources between January 1, 2023, and January 9, 2024 - RECEIPTS RECEIVED OUTSIDE THIS WINDOW WILL NOT BE ELIGIBLE FOR REIMBURSEMENT:**
  - Ensure that the race was between January 1, 2023 and December 31, 2023.
  - Ensure your **NAME, CURRENT ADDRESS, PHONE NUMBER AND DEPARTMENT** are clearly written on the receipt/paper.
- 3. WAIT – Your reimbursement will be submitted to finance by the 15<sup>th</sup> of every month and will then be mailed to the address provided with your reimbursement.**

## **Other Restrictions:**

- You must be an employee of the Nassau County Board of County Commissioners, Sheriff's Office, Clerk of Courts' Office, Property Appraiser's Office, Tax Collector's Office, or Supervisor of Election's Office and must be employed at the time of reimbursement.

\*Questions about the Racing for Wellness Reimbursement Program, please contact Human Resources, at 530-6075 or [khaynes@nassaucountyfl.com](mailto:khaynes@nassaucountyfl.com).