

Here is what some of our participants have to say about the CIGNA 5K:

"When will I be able to register for my favorite race? The race which in fact inspired me to take up running more seriously."

– John Schulman, North Andover, Massachusetts.

"We really love participating in the CIGNA 5K. It's a nice way to show our company spirit and it supports our wellness program. It fits right in with other Kollsman efforts to promote good health – offering CIGNA health insurance, renovating our company gym, adding a variety of fitness programs and putting a healthier spin on our cafeteria menu – all have been well-received by our employees."

– Randy Moore, General Manager, Kollsman, Merrimack, NH

"All companies in New Hampshire dream of opportunities to get their name out there. All want to have their employees show off the corporate logos and banners, develop employee fitness and wellness programs, and vastly improve employee morale. How much would they pay for a company team-building outing? Plenty. And they do, but I've got a cheaper and more effective solution. You can send me those consultants' fees folks - here it is, here's you answer. Have your employees participate as a team in the CIGNA HealthCare Corporate 5K Road Race, then watch the magic happen..."

– Skip Cleaver, The Telegraph, Nashua, NH.

"We've got guys who were Division 1 All-American runners, but we've also got people who have never been in a race before. I've run about 500 races, and I've never found a race like this where you can have very elite runners, but also a lot of walkers. It's just so well organized that it really works."

– Bill Baller, WPI, Worcester, Massachusetts.

CONTRIBUTING SPONSORS



CORPORATE TEAM PARTICIPATION COMPETITION

Teams must have at least five participants to qualify for Corporate Team competition. Each Team will compete for Corporate Cups based on the size of their company - Small Team (5-15 employees), Medium Team (16-99 employees) and Large Team (100+ employees). Corporate Cups will be awarded to the top Small, Medium and Large Teams in two categories; "Most Participants" and the "Highest Percentage of Participation". NOTE: Please be sure to indicate the "Total Number of Employees at Your Facility" on the Company Team Roster in order to be considered for the "Highest Percentage of Participation" award.

2006 Most Participants Award

Small Team (5-15 employees) Cross Insurance
 Medium Team (16-99 employees) Kollsman
 Large Team (100+ employees) BAE Systems

2006 Highest Percentage of Participation

Small Team (5-15 employees)
 Bernstein Shur/FBI Bedford
 Medium Team (16-99 employees)
 Gerber Dental
 Large Team (100+ employees)
 Elliot Health Systems

INDIVIDUAL AGE DIVISION AWARDS

The first three male and female finishers in 15 separate age divisions (as indicated below) will receive awards. Individual age division prizes will be mailed to the winners.

14 & Under	25-29	40-44	55-59	70-74
15-19	30-34	45-49	60-64	75-79
20-24	35-39	50-54	65-69	80+

WHEELCHAIR AWARDS

The first male and female finishers will receive awards based on chip net times. Awards will be presented on race night.

NEW HAMPSHIRE'S FIRST

The first male and female New Hampshire residents who cross the finish line will receive a cash award of \$100 each. Winners must be 18 years or older and proof of residency is required.

MASTERS

The best male and female masters (age 40+) finishers will receive two round-trip airline tickets courtesy of Southwest Airlines. Masters participants will be ranked on an age-graded basis based on chip net time. In the instance of a tie, the award goes to the fastest time (before age-grading).

TOP FINISHERS

All cash awards winners must have a valid taxpayer identification number or social security number. Cash awards will be mailed to the first five overall male and female finishers (based on official time) after CIGNA HealthCare has received a valid taxpayer identification number or social security number. Required documentation MUST be provided by December 1, 2007. Checks will not be processed beyond the race calendar year.

TOP MALE & FEMALE PRIZES

1st Place Male & Female:	\$600 each
2nd Place Male & Female:	\$500 each
3rd Place Male & Female:	\$400 each
4th Place Male & Female:	\$300 each
5th Place Male & Female:	\$200 each

COURSE RECORD BONUS*

(Male) Joseph Mwai (2003) 13:54.8

(Female) Marie Davenport (2004) 15:38.41

\$1,000 bonus for winners besting the above Course Records.

\$500 to all non-winning individuals who also best the Course Records.

\$250 to all individuals who better 14:50 men, 17:20 women.**

All cash awards winners must have a valid taxpayer identification number or social security number. Cash awards will be mailed to the first five overall male and female finishers (based on official time) after CIGNA HealthCare has received a valid taxpayer identification number or social security number. Required documentation MUST be provided by December 1, 2006. Checks will not be processed beyond the race calendar year.

**One bonus per person.*

***1st, 2nd, 3rd, 4th and 5th Place Winners are NOT eligible for 14:50/17:20 Bonus Awards.*

RESULTS

Results will not be posted at the race. Comprehensive team and individual results will be posted on the Internet at www.coolrunning.com.

DIRECTIONS TO VETERANS PARK

From the South: Take the Everett Turnpike or Route 93N to Route 293N. Take Exit 5 (Granite Street). Turn right at bottom of the ramp, cross the bridge and proceed straight through two lights. Look for the Center of NH Parking Garage on your left. Veterans Park will be diagonally across to the left.

From the North: Take Route 93S to Route 293S. Take Exit 6 (Amoskeag Bridge). Bear right off of the exit and turn right after the Ramada Inn. Cross the bridge and bear right onto Canal Street. Go through several sets of lights to Granite Street and turn left onto Granite Street. Look for the Center of NH Parking Garage on your left. Veterans Park will be diagonally across to the left.

From the East: Take 101 West to 93 South. At the split, follow signs for 293 North. Follow 293 North to Exit 5 (Granite Street). Turn right at the bottom of the ramp, cross the bridge and proceed straight through two lights. Look for the Center of NH Parking Garage on your left. Veterans Park will be diagonally across to the left.

PARKING

Park at one of the many city parking facilities which charge variable rates. See the enclosed Parking Facilities Map for locations.

COMPLIMENTARY REFRESHMENTS

Refreshments will be served in Veterans Park immediately following the race.

"CIGNA HealthCare" refers to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Connecticut, HMO plans are offered by CIGNA HealthCare of Connecticut, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and CIGNA HealthCare Mid-Atlantic, Inc.

Elliot refers to Elliot Health System and all of its subsidiaries and affiliates.

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15th Annual
CIGNA/Elliot



▼ FIFTEENTH ANNUAL ▼
CIGNA/ELLIOT

CORPORATE 5K ROAD RACE

THURSDAY, AUGUST 9, 2007 • 6:20 PM
VETERANS PARK, ELM STREET, MANCHESTER, NH

The Fifteenth Annual CIGNA HealthCare Corporate Road Race is a 5K (3.1 mile) race open to corporate teams, individual runners, walkers and wheelchair entrants. Companies of all sizes are encouraged to field teams to represent their organizations. Proceeds from this year's race will benefit Easter Seals New Hampshire, Inc. and Child Health Services.

Everything that you need to get your Corporate Team started is included in this information packet. If you are interested in entering the race, but are not part of a Corporate Team, please call 1.800.554.1664 to request an individual entry form. Come join the fun!



A Business of Caring.

RACE-NIGHT FEATURES

- ▼ Veterans Park, located at the intersection of Elm and Merrimack Streets in Manchester, is the Registration and Awards site. Pick up your t-shirts, pins, bib numbers and chips between noon and 6:00 p.m.
- ▼ Water stations will be available along the course and at the Finish Line.
- ▼ Medical support will patrol the race route and will also be stationed at the finish area in the park.
- ▼ Display clocks will mark each mile and the Finish Line.
- ▼ All participants will receive a 100% cotton CIGNA/Elliot Corporate 5K Road Race t-shirt. Corporate Teams that submit their company's logo, Company Team Roster and payment by July 17th are eligible to have their company's logo screened on the back of their team t-shirts.
- ▼ Complimentary refreshments will be served in Veterans Park immediately following the race.
- ▼ All participating teams are encouraged to bring corporate signage to display in the park. You should bring your own hanging materials. Park regulations prohibit any stakes or poles that penetrate the ground.
- ▼ Finisher's Award for all participants who complete the race.

REGISTER ON-LINE

On-line registration is fast and easy, simply visit www.coolrunning.com/cigna. Team Captains can set-up and manage their team on-line and will receive electronic confirmation of all transactions. Please note that when registering on-line it is best to submit one check for all team members made payable to CIGNA/Elliot Corporate 5K Road Race at PO Box 2041, Concord, NH 03302-2041.

Be sure to include your team's name on your check. Credit card payments will be accepted on an individual basis for team members.

ENTRY FEES & DEADLINES

The entry fee for corporate team members is \$12 per person. ONE check for your team should be made payable to CIGNA/Elliot Corporate 5K Road Race. Applications and full payment must be received by July 25th. **Corporate Teams interested in receiving corporate branded t-shirts must submit their company's logo, Company Team Roster and payment by July 17th. Corporate team add-ons will be accepted through July 24th. After July 24th, any add-ons will be entered as individuals and will not be eligible for corporate branded t-shirts.**

ELIGIBILITY REQUIREMENTS

- ▼ The CIGNA/Elliot Corporate 5K Road Race is open to individuals and teams - information contained in this packet is for team registration only. If you are interested in entering the race as an individual, please call 1.800.554.1664 to request an individual entry form.
- ▼ The team competition is not open to athletic clubs, social or like organizations.

- ▼ Team members must be at least 18 years of age on race day and be employed at the company since June 1 or before. Non-employees (family and friends) may participate on the team, but must be listed separately on the Company Team Roster under "NON-TEAM MEMBERS". Non-team members can not score for the team.
- ▼ A "team" must consist of at least five (5) employees.

FOR YOUR FUN AND SAFETY

We anticipate more than 5,000 participants in this year's Road Race. We are pleased that the race has become such a popular family event and want to keep it safe and fun for all family members. **Therefore, no bikes, roller blades or skateboards will be allowed.** All participants with strollers must register as walkers and start at the back of the walking wave. **Any RUNNER who pushes a stroller in the event will be disqualified.** We also ask that you **do not bring pets** as they can become easily confused and anxious in large crowds.

TEAM CAPTAIN RESPONSIBILITIES

As Team Captain, it is your responsibility to organize and manage your company's team.

- ▼ Please carefully read all information contained in this packet. Make duplicates of the enclosed forms as necessary.
- ▼ Be sure that each member of your team reads the Runner's Health Tips on the flap of this brochure.
- ▼ If you are registering your team on-line, please confirm that all team members have accepted the on-line Release/Waiver. Team members will not be added to your team until the Release/Waiver has been accepted. If you are not registering on-line, you must obtain hard copies of dated and signed Team Runner Application and Release Forms (enclosed in this packet) for each member of your team. Team members who do not have a Team Runner Application and Release Form on file will not be permitted to enter the race.
- ▼ Collect the entry fee from each participant and submit ONE check with the original Application & Release Forms and the Company Team Roster before the team entry deadline (deadline is July 17th for teams requesting corporate branded t-shirts, July 24th for generic team t-shirts). Teams requesting corporate branded t-shirts must submit their company's logo in accordance with the guidelines outlined in the Team Captain letter included in this packet. The guidelines have been established to ensure the quality of your Team's t-shirts. Mail forms, fees and logos to: CIGNA/Elliot Corporate 5K Road Race, PO Box 2041, Concord, NH 03302-2041.
- ▼ Please be sure to indicate the "Total Number of Employees at Your Facility" on the Company Team Roster in order to be considered for the "Highest Percentage of Participation" award.
- ▼ Pick-up your team's t-shirts, pins, bib numbers and chips at Veterans Park between noon and 6:00 PM on race day. Bib numbers and chips are not transferable. For your convenience, Team Captains can pick-up their team packages the evening before the race at Logo Loc at 540 Commercial Street, Manchester.
- ▼ Remind your team members that all chips must be returned after the race. Any individual who does not return the chip will be charged \$35.

CHAMPIONCHIP® TIMING SYSTEM

The ChampionChip® must be worn throughout the race - whether you are walking or running - to ensure your safety on the course and the accuracy of the overall results. The ChampionChip® is a small, lightweight electronic chip enclosed in a plastic shell that participants must affix to their shoe. The chip is recognized by sensors at the Start and Finish Lines to provide the exact time of each participant's finish. All chips must be returned after the race. Volunteers will be stationed at the Finish Line to collect each participant's chip as they enter Veterans Park.

Chip Net Time - Your *chip net time* begins when you cross the Start Line and ends when you cross the Finish Line.

Official Time - The official time begins when the starting gun is fired and ends when you cross the Finish Line.

The results will include both your *chip net time* and the **official time**. The official time will be used to determine the overall order of finish and the winners of the top five male and female cash prizes. It is also used for national, state and course records. All other awards will be based on *chip net time*.

Chips will be assigned to each individual on your team and will be included with your team's packet. **Chips are pre-assigned and not transferable.** Any individual wearing an unofficial chip will be disqualified. Chips must be returned at the end of the race. Participants who do not return their chip will be charged \$35. You may purchase your own chip to use in this event, as well as other ChampionChip® events, by visiting www.gsr.com.

WAVE START

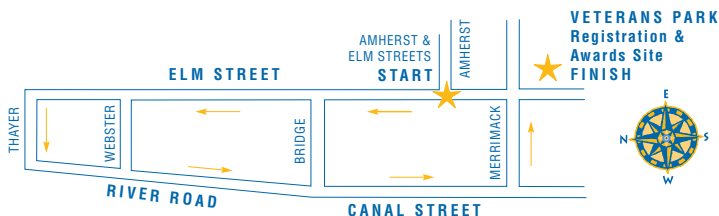
A wave start ensures that each participant is grouped among those individuals at the same fitness level and that the competitive runners have a clear field ahead of them.

Each participant must select a wave as indicated below on the Team Runner's Application & Release Form. Any participant who does not select a wave will be assigned to the walking wave.

1. Competitive Runner (generally 23:00 minutes or faster)
2. Recreational Runner (generally 23:00 to 28:00 minutes)
3. Walker

THE COURSE

A fast USA Track and Field Certified (NH98030WN) 5K (3.1 mile) loop starting at Amherst and Elm Streets, heading north on Elm, west on Thayer, south on River Road and Canal Street and finishing on Merrimack Street, next to Veterans Park.



SANCTION

USA Track & Field



TIMING & SCORING



IMPORTANT INFORMATION

Team Designations

Male and Female Open Teams

Any team with at least five male team members will automatically be entered into the Male Open Team category - there is no sign-up or special designation required. Likewise, any team with at least five female team members will automatically be entered into the Female Open Team category. Open Team members must be employees. Family and friends are not eligible for Open Team competition and can not score for the team. The best five age-adjusted times will determine the overall team score (low score wins). The top ten teams win awards.

2006 Male Open Team Winners

1. Raytheon Company
2. Liberty Mutual/Liberty Life
3. BAE Systems

2006 Female Open Team Winners

1. Elliot Hospital Emergency Room
2. BAE Systems
3. Elliot Health System

CO-ED TEAMS

Co-Ed Team designation is OPTIONAL - your team is not required to participate as a Co-Ed Team. Any team that wishes to compete as a Co-Ed Team must make that designation on the Co-Ed Company Team Roster included in this race packet. Those team members designated as Co-Ed will not score for your team in the Male and Female Open categories. There is a limit of one Co-Ed Team per company. Co-Ed Teams must have at least five members (more is fine), a minimum of two men and two women. All individuals must be at least 18 years or older on race day. The best five members of your Co-Ed team will score for the team (two best men, two best women and the next fastest runner). Co-Ed Team members must be employees. Family and friends are not eligible for Co-Ed Team competition. The top five Co-Ed Teams win awards.

2006 Co-Ed Team Winners

1. BAE Systems
2. WPI Faculty/Staff
3. NH State Liquor Commission

TEAM AWARDS - SCORING

Male and Female Open Teams as well as Co-Ed Teams will be scored on an age-adjusted basis, which means that each runner's chip net time will be adjusted according to established performance tables. Each company may score once in each of the three team categories.

HOT WEATHER RUNNING

Hyperthermia (heat stroke, heat exhaustion, muscle cramps) can be deadly. A runner can collapse in less than five minutes after the onset of symptoms.

The symptoms are:

- ▼ dizziness
- ▼ dry skin – no sweating
- ▼ redness
- ▼ nausea or cramps
- ▼ goose bumps on chest and arms
- ▼ incoherent speech and thoughts

Hyperthermia can affect **any** runner, at any fitness level, during a race or hard workout. It's not only the unconditioned, unacclimated runner who may be affected.

Hyperthermia can occur on days when you might not expect it. The rapid rise in body temperature occurs when the body's natural cooling mechanism, evaporation, stops because the body has lost too much of its fluids through sweating. Research has shown that the rate of body fluid loss is not substantially changed from temperatures above 70°. A temperature of 60° and high relative humidity can be just as dangerous as 90° and low humidity.

MINIMIZING HEAT EFFECTS

- ▼ During the hot weather season, keep high contents of magnesium and potassium in your body. These minerals exist naturally in foods such as fresh green vegetables; raw, unmilled wheat germ; figs; apples; bananas; dried fruits; oranges; and oil-rich seeds and nuts, especially almonds.
- ▼ Wear cool clothes. Loose-fitting cotton, singlets, and t-shirts are best. Light colors, especially white, are cooler than dark colors.
- ▼ Remain cool before the race. It is probably preferable to start with a slightly depressed temperature.
- ▼ **Before** the race, drink plenty of fluids. The American College of Sports Medicine suggests 13–17 fluid ounces 10 to 15 minutes before competition.
- ▼ Drink plenty of fluids during the race and afterwards. Drink frequently during the race. Don't hesitate to splash water on your body. This aids evaporation and cooling of the body. Try to keep your shoes dry; soggy shoes can lead to blisters.
- ▼ **Pay attention to what your body is telling you. Do not over-exert yourself.**

* *This information is adapted from guidelines provided as a public service by the Road Runners Club of America.*