



## Virtual Red Shoe 5K Run & Walk FAQ

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

A virtual 5k is a race where you choose where and when to participate. You can run, walk, hike, cycle, etc. the race at a location of your choice.

### **Do I have to do anything if I already registered?**

Nope! Individuals who have already registered for the Red Shoe 5k Run & Walk will automatically be transitioned to a virtual runner.

### **Where do I run it? How do I find my Route?**

That is up to you! Popular locations are around the neighborhood, parks, walking trails, or you can pick a significant location. You can even run/walk on your treadmill! Your church group may opt to walk around the church building, your office team may opt to walk around the business park. All you have to do is make sure you can cover 5 kilometers (3.1 Miles).

### **How do I time myself? How do I know how far I have gone?**

We recommend using an app such as Map My Run, Runkeeper, or RunTracker or other mapping apps to plan your route ahead of time to make sure you cover 5 Kilometers (3.1 miles). You can also use a device such as a smart watch.

### **Do I have to time myself?**

Reporting a race time is only required if you want to be considered for a prize in your age category.

### **How do I enter/share my results?**

From October 4<sup>th</sup> to October 11<sup>th</sup>, we will be accepting race times at [www.redshoe5k.org](http://www.redshoe5k.org). Simply click "submit my time" and complete the form.

### **Do I have to run?**

Running is not required unless you want to be considered for a prize in your age group. Only those who run or walk the 5k will be considered for age group prizes.



If you are not interested in entering your time for a prize, feel free to walk, skate, bike, crawl, cartwheel or swim the 5k to make it more fun. You can even be creative: complete the race on an indoor bike, treadmill, walk up and down the stairs in your house or circles on your patio.

### **When is the race?**

You have 8 days to complete your 5k. The virtual Red Shoe 5k kicks off on Sunday, October 4, 2020 and you have until 11:59 PM EST on Sunday, October 11 to complete it. You can run or walk any time of the day you prefer – this is your chance to schedule it around your time and the weather!

If you want to qualify for one of our 5k awards, your race time and distance must be reported by 11:59PM on October 11<sup>th</sup> at [www.redshoe5k.org](http://www.redshoe5k.org). Only those who run or walk the race and report their times and distance will be considered for age group prizes. We will have special virtual programming the week of October 4<sup>th</sup> to October 11<sup>th</sup> to support all our participants, including a warmup, videos, photo highlights, playlists, special messages and more!

### **Can I still have a team?**

You can have an even bigger team with a virtual race! Invite friends, family, and your entire network across the world to join your team. You don't have to be physically together to be a team, just registered as one.

### **Will I still get a shirt?**

Yes, If you opt in for a shirt upon registration you will have a shirt mailed to you. Pro Tip: To receive a shirt in time for the race you must be registered by September 20. Those who register after September 20 will receive their shirt after the race. Anyone who was already registered will automatically be mailed a shirt.

### **Will there still be prizes given out? / How do I compete to get a prize?**

Yes! Only those who run or walk the 5k will be considered for a prize in their age category. Running and walking times must be submitted from October 4<sup>th</sup> to October 11<sup>th</sup> at [www.redshoe5k.org](http://www.redshoe5k.org). Simply click "submit my time" and complete the form. Everyone will have a chance to win for Most Raised by an Individual, Most Raised by a Team, Biggest Team, and more.