

WHAT IS A VIRTUAL 5K-

Hosting an actual 5K walk/run in person would violate social distancing guidelines, so we have creatively designed this event online to promote health and community service! Between the week of March 29th-April 4th, each registrant will walk or run a 5K within the comfort of their own neighborhood and local walking trails. While it is not the same as an in-person 5K competition, a virtual 5K has some unique advantages:

- Run the event on your own schedule in the overall specified timeframe
- Choose your own running route - be creative while being safe
- Post a creative picture of your run and possibly win a prize
- Connect with like-minded runners across the country via Facebook/Instagram. We have a registrant from as far as Colorado.

All donations collected through this event will be donated to various non-profits for PPE distribution.

HOW THE VIRTUAL 5K WORKS-

To participate, proceed to our Donate page to buy a participation ticket for every member participating. By completing this purchase, you have committed to walking or running a 5K between March 29th and April 4th and will be receiving a participation certificate after the event's conclusion. On the day you plan on participating, put on your running shoes and bring your camera so that you can take photos/videos of you and your group participating in the event. Then, submit these images to our social media handles (Instagram/Facebook) where you will have the chance to win prizes!

Not a runner or want to help more? That's OK too. You can make/add a donation to the shopping cart and help us with our cause. All registration fees and donations collected through this event will fund PPE donations to various non-profit healthcare organizations.

PRIZES -

At the end of the event, our social media team will be choosing the top 3 photos to win prizes. Submitters of the winning photos will win one of these prizes:

- 2 tickets to the San Diego Natural History Museum (\$30)
- CVS/Pharmacy Gift Card (\$25)
- 2 tickets to the San Diego Museum of Music Making (\$20)

We will also have two random draws to give away these prizes:

- 2 tickets to the San Diego Natural History Museum (\$30)
- 2 tickets to the San Diego Museum of Music Making (\$20)

To enter, submit your photos to any of our 3 submission options by APRIL 4TH:

- Instagram: @sdleos_virtual5k (https://www.instagram.com/sdleos_virtual5k/)
- Facebook: @sdleos_virtual5k (<https://fb.me/e/I8cMPhGd>)
- Email: hallemyaschaffer@gmail.com