



## Virtual Run FAQ

### 1. (Q) *What is the Heroes for Children Virtual 5K and Family Fun Run/Walk?*

The Heroes 5K “virtual run” is an add-on race or run/walk that can be completed remotely rather than at the actual Heroes Run location - **it can be run anywhere and at anytime before or simultaneous to the actual race.** Participants can walk, use a treadmill, or run outside, at any speed they like. Anything goes – from walking your dog, to pushing a baby stroller, to hiking or kayaking! Participating in a virtual run is a great way to support a cause you care about and be part of the day’s events even if you are unable to make it in person to the live race location.

The Heroes for Children 5K (3.1 mile) distance can be completed alone as a fitness activity, via Skype or FaceTime with friends who are at the live race, or as a team meeting up at a local park or track in a location different from the live race on September 21, 2019.

### 2. (Q) *What happens after I sign up?*

(A) When you sign up as a virtual runner, you will be sent to a page to set your phone or email for notifications. The system will also assign you a bib number. You will then receive notifications and instructions as the race day approaches – and then race reminder and start texts at race time.

Shortly before the race, you will receive your Heroes for Children 5K t-shirt in the mail, along with your finisher medal! Wear the t-shirt when you run or walk – take a picture and post it to social media or send it to us!

### 3. (Q) *How do I track my distance and time my run?*

(A) We accept results on the honor system, so you can track your distance and time however you like. The most accurate way to do this is by using a Running GPS watch, but there are also several free smartphone apps available for iPhones and Android devices that you may be interested in, including FitBit, MapMyRun/MapMyWalk, Runkeeper, and Strava.

4. (Q) *My friends are running as a team in the live race; can I still join the team as a virtual participant?*

(A) YES! You can join a team as a virtual runner. Your finish time will be posted along with the rest of your team, and you will receive all the same rewards and incentives for fundraising and team size as your teammates.

5. (Q) *How can I feel like a part of the race when I am participating virtually?*

(A) There are many ways that you can feel like a part of the race, even if you are completing the distance from a distance!

- **Gather a team of virtual runners!** This can be your work team, your family, a group of friends, your book club, your neighbors, your local running club, your little league team, or any other group. Wear your Heroes t-shirts, walk or run together, take lots of pictures and upload them to social media!
- **Fundraise!** Let your family and friends know that you are participating in the Heroes for Children 5K, and ask them to contribute. You can earn fundraising incentives – but more important, you can be part of what makes this event truly special: helping child abuse victims receive the quality services that help them heal and lead happy, fulfilling lives!
- **Skype/FaceTime!**
- **Wear your t-shirt and post selfies!**

6. (Q) What do I do after I complete the run?

(A) Just text in your completion time, high-five your teammates or whoever is standing next to you, post your pics on social media, tell everyone what you've achieved!