



LIMITED TO
150
PARTICIPANTS

VIRTUAL 5K WALK/RUN

WE CAN STILL COME TOGETHER WHILE STAYING APART

JULY 16-19, 2020

How do I participate in the virtual run?

- You must Pre-Register here: <https://forms.gle/PsyAPR29ep6vhayh8>
- The 5k Run/Walk must be completed between July 16-19, 2020
- Track your walk/run route with a GPS app of your choice (mapmyrun, runkeeper, etc.)
Save your route and submit a screenshot by emailing to: wellness.center@gric.nsn.us
- Incentives will be provided for those that submit proof of 5k route completed during July 16-19, 2020. Proof must include the route and date completed .

**Pre-registration begins June 29, 2020.
The deadline to pre-register is July 10, 2020.**

Please share your photos with us! When posting your photos on your social media (Instagram or Facebook) tag them with the hashtag: **#GRICvirtualrun**
or email to: wellness.center@gric.nsn.us

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL WELLNESS.CENTER@GRIC.NSN.US