

# Phoenix Sister Cities 5K Run & Walk



Virtual 5K Instruction Packet

Join our global community and  
complete a 5K by doing physical  
activities that YOU enjoy!

[phoenixsistercities.org](http://phoenixsistercities.org)





## Our History:

The Sister City movement became a national effort when **President Dwight D. Eisenhower (or "Ike")** proposed the People-to-People program at a White House conference in 1956. Today, over 2,000 U.S. cities in all 50 states are linked with over 1,800 foreign cities in 123 different countries.

The City of Phoenix joined the Sister City movement in 1972 with the creation of Phoenix Sister Cities (PSC) and is now a global network of 10 cities throughout the world working together to create meaningful and peaceful relationships.



## I Like Ike!

Help us honor "Ike" by completing a virtual 5K by **President's Day** (Monday, February 15, 2021).

**Phoenix Sister Cities** has been connecting the world one friendship at a time for more than four decades. Your participation helps foster global partnerships.

# Step 1:

## Register!

Go to [phoenixsistercities.org](https://phoenixsistercities.org) to register online for the Virtual 5K.

**Phoenix Sister Cities Members: \$30**

**Non-Members: \$35 (PLUS free one-year individual membership)**

**Family/Friend Team of 5: \$125**

**PLEASE NOTE:** YOU WILL RECEIVE A T-SHIRT, FACE MASK, & VIRTUAL SWAG BAG IN JANUARY OF 2021.

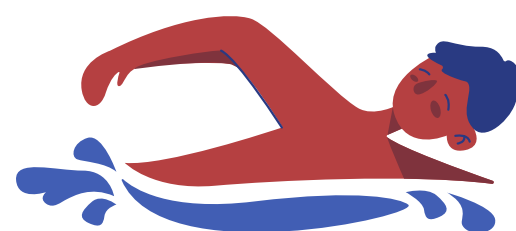
# Step 2:

## 5K Your Way with "Ike" - Virtually!

Let's complete a 5K...TOGETHER APART. What physical activities do you like to do on your own or with your family & friends?

Ideas:

- Run
- Horseback riding (Ike's fave!)
- Bike
- Swim
- Hike
- Paddle Board
- Kayak



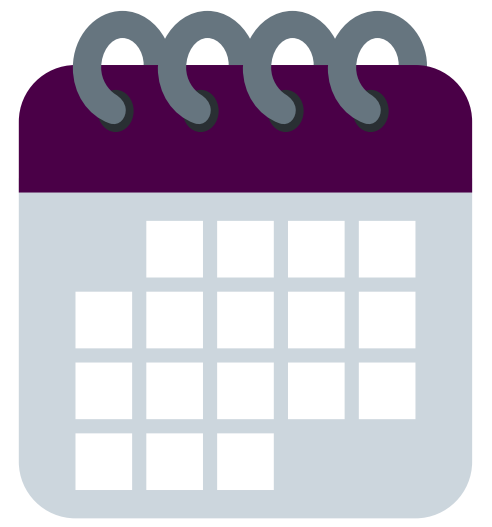
Choose a physical activity that you enjoy and complete a 5K while doing what you love. Be creative and have fun!

Questions? Email: [emily.smolenski@phoenix.gov](mailto:emily.smolenski@phoenix.gov)



# Step 3:

## Find a Time and Location!



Whether you are local, out of state, or out of the country, we want you to join us - virtually!

Find a day/time that works for you and mark your calendar.

### IMPORTANT:

You have until **Monday, February 15, 2021** to complete your 5K. Good Luck!

Then, YOU CHOOSE where you would like to complete your 5K.

Ideas:

- Your neighborhood
- Park
- Your favorite trail
- Swimming pool

### IMPORTANT:

Depending on the physical activity you choose, please ensure that you complete 3.1 miles (5K).

# Step 4:

## Complete Your 5K!

You are ready! Please complete 3.1 miles (5K).



FREE apps for mapping your 5K:

- Nike + Run Club
- Strava
- Runtastic Running App: Fitness, Jog & Run Tracker
- Runkeeper - GPS Track Run Walk
- 5K to 10K



# Step 5:



## Share Your 5K With Us!



Where did you complete your 5K? What did you do? Did you complete your 5K with friends, family, or co-workers? We want to know!

Send your 5K story to [emily.smolenski@phoenix.gov](mailto:emily.smolenski@phoenix.gov).

Your name and story will be featured in our online video slideshow on our website. If you used an app, please send us a screenshot of your results.

### IMPORTANT:

Please submit your 5K story **NO LATER** than 11:59pm (MST) on **Monday, February 15, 2021**.

# Step 6 (OPTIONAL):



## Enter The Drawing!

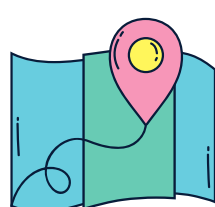
We encourage you to send in your 5K photos to us.

Prizes will be given to the best...

- Selfie (male & female)
- Location (national & international)
- Group photo (national & international)

Send your pictures to [emily.smolenski@phoenix.gov](mailto:emily.smolenski@phoenix.gov).

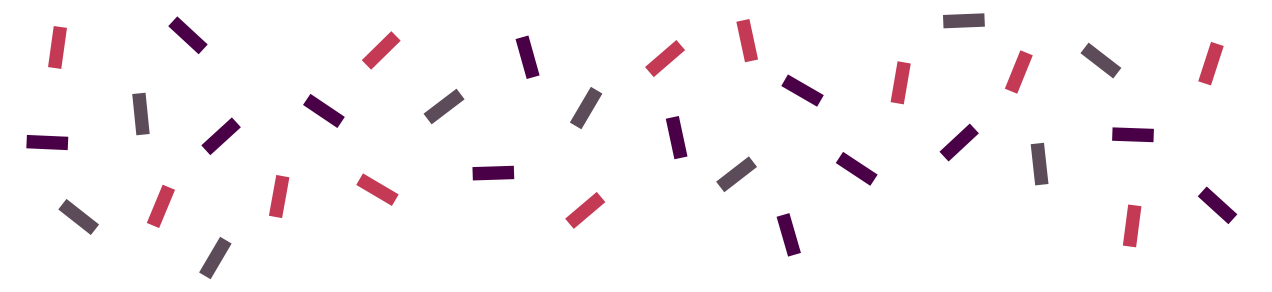
Be creative!



# Step 7:



## Congratulations!



Good job! You have completed your 5K. You are now ready to share your accomplishment with your family, friends, and us...

On social media, use the hashtag:

## #PSC5K

We will re-post/share your accomplishments on our website and social media. Thank you!



# What's Next?

1. Continue to stay connected with us in our 5K Facebook group. Keep up with the latest, post your achievements, and become a part of our virtual 5K community.
2. Visit [phoenixsistercities.org](https://phoenixsistercities.org) to view our virtual event recap **AFTER** February 15, 2021. See yourself and others who participated locally and around the world. Also, find out the winners of our 2021 photo drawing!

We will see you next year  
in-person & virtually!

