

Virtual Race Instruction Packet



PHOENIX SISTER CITIES

5K RUN & WALK



PHOENIX
Sister Cities
Discovery Changes Everything.

PHOENIXSISTERCITIES.ORG

Step 1:

Register!

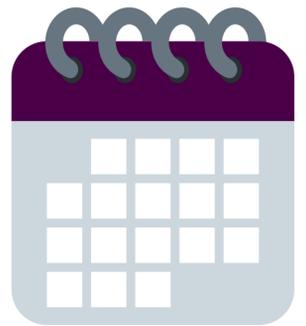
Go to phoenixsistercities.org to register online for the Virtual 5K.

Virtual Race: \$30.00

SIGN-UP **BEFORE** OCTOBER 15 TO BE GUARANTEED A T-SHIRT IN THE MAIL!

Step 2:

Find a Time and Location!



Whether you are out of state, out of the country, or are not able to attend, we want you to join us - virtually.

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

IMPORTANT:

You have until Saturday, November 2, 2019, at 12:00 pm (MST) to finish your virtual race. Good Luck!

Then, YOU CHOOSE where you would like to run, jog, or walk.

Ideas:

- Track
- Gym
- Your neighborhood
- Park
- Your favorite trail

IMPORTANT:

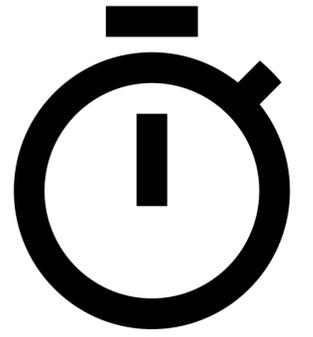
Once you have your running location, please map out 3.1 miles (5K).



Step 3:

Set your timer!

Use a watch, smartphone, or hand-held timer to time your run.



If you have an Android or iPhone smartphone, there are FREE apps for tracking both your time and miles:

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

Step 4:

RUN! RUN! RUN!

You are now ready to run, jog, or walk in our Virtual 5K

And don't forget the essentials:

- Water
- Sunscreen
- Hat
- Sunglasses



Step 5:



Send in your results!



Remember your time and write it down, or if you are using an app, take a screenshot.

Send your results (including a screenshot if you have one) to emily.smolenski@phoenix.gov.

Top 3 male and female runners with the fastest times will be recognized on our website!

IMPORTANT:

All results must be received **BEFORE** 12:00pm (MST) on November 2, 2019, to receive a t-shirt and medal by mail.

Step 6:



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

Or send your pictures and/or videos to emily.smolenski@phoenix.gov. We will post them on our social media. Selfies and group photos are encouraged! 😊



What's Next?

1. Top three male and female participants will be announced on our website (phoenixsistercities.org) by Wednesday, November 6, 2019.
2. All virtual racers will receive a t-shirt and medal in the mail to the address provided at registration (for those participants that send us their results before 12:00pm (MST) on November 2, 2019).
3. All items will be mailed by Wednesday, November 6, 2019.

We hope you sign-up for next year's virtual race!

