



FAQs ABOUT RANDI'S VIRTUAL RACE

MAY 2 – MAY 9, 2020

REGISTRATION OPEN NOW THROUGH MAY 2

What is a virtual 5k?

A virtual 5k (or 3.1 miles) can be completed virtually anywhere! Participants can run/walk their 5k any time between May 2nd and May 9th, anywhere you choose. You can run, jog, or walk on the road, a trail, or on a treadmill. **You get to run your own race, at your own pace, and time it yourself.**

When does the virtual 5k run/walk race take place?

Race week begins on Saturday May 2, 2020 and should be completed on or before Saturday, May 9, 2020. You will receive the link to submit results prior to May 2. You can upload your results anytime between 12:01 am on Saturday, May 9 through 11:59 pm on Sunday, May 10.

How do I register for the virtual 5k run/walk?

Register on Randi's House of Angels [website](#). Cost is \$30 for each participant. Accepted forms of payment are PayPal and credit/debit card. Each registered participant will receive a t-shirt. **If you do not have access to the internet and want to register, contact Nancy Chavez at (717) 503- 4498.** You will receive an emailed registration confirmation.

Who can participate in the virtual 5k run/walk?

We encourage everyone to participate. All fitness levels and ages are welcome to join us.

We would ask that if your child (under 14) wants to enter, you as the parent/guardian must complete the online entry form on the child's behalf.

Just get out there and run or walk, whatever works for you! By entering our virtual 5k run/walk, you are agreeing that any injury or damage that is caused by completing your race ***is your own responsibility.***

Can children participate?

Yes, absolutely. We only ask that anyone under the age of 14 should be accompanied by an adult when running or walking for the virtual race.

Will the virtual 5k run/walk include the usual kids' fun run?

No. Due to the change in the type of the event a kid run will not take place.

What medals will be given to the top participants?

Medals will be given to the first and second place participants in the following age groups:

- Under 14
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60 and over

Additionally, individual and team awards will be given for the highest amount raised.

Do I need to complete the 5k distance in one go?

No, if you are building up your distances, you can split your race over a few days or weeks and they can be in any amount of distances as you need!

For example, you may complete a 5k (3.1 miles) race with 2 x 1.5k, or 3x 1.25k, it's up to you! Whichever way you complete the distance, a medal is a great reward for your achievement!

What's needed in order to submit my race results?

You must submit proof that you have completed the 5k run/walk distance. Closer to race week, we will share the electronic form for you to submit your time. We will apply the "honor system" for Randi's Virtual 5k run/walk.

After you submit your time, we'll also welcome you to upload any selfies, short videos, or other creative posts so we can make the race as interactive as possible. This is a new concept for many of us! Please help us **share** our efforts and continue to raise awareness in our community. Photos and videos will lift everyone's spirits! We advocate for victims of domestic violence, especially children. Even though we're not racing together in person, let's continue to communicate our message that ***SOME OF THE BIGGEST VICTIMS OF DOMESTIC VIOLENCE ARE THE SMALLEST.***

Here are more social platforms to share with hashtag #RandisRace2020:



[@RandisRace](#)



[@randishouseofangels](#)



[@Randis_Race](#)



YouTube

*** If the online disclaimer box is checked, the race participant grants permission to RHOA to use photo posts for social media and marketing purposes.



How will I receive confirmation that my time qualifies me for a medal?

After you have submitted your 5k proof on the submission page we will provide closer to race week, we will ship your Randi's Race t-shirt. Please remember to provide your mailing address.

When will I get my medal?

Medals will be shipped after we have time to process and determine the winners. We expect to send medals via U.S. mail.

What if my medal does not arrive in the mail?

Please [contact us](#) to track your medal.

Where can I view the full Race Results?

At the end of the Virtual Race Week, race results will be posted on [randishouseofangels.org](#). We will send an email to all participants once results are posted.

How much of the \$30 registration fee goes to the charity?

All funds raised from the event will support the programs offered through

Randi's House of Angels that help children that are victims of domestic violence.

