



WHAT IS A VIRTUAL RACE?

- You run or walk your own race at your own pace, and time it yourself.
- Choose a safe trail, track, or park (for example the Michelle Obama Trail at GSU-Decatur Campus or the Beltline) to track your route and time your individual 5K. You can even choose to run/walk indoors on a treadmill.
- Each runner/walker will use their own exercise app (you can download an app to your phone: *Nike Run Club*, *RunKeeper*, *Fitbit*, etc.) to track your route and time of your individual 5K. Please email questions to nlcmdocs@newlife-atl.org if assistance is needed to download a tracking app.
- You have from Saturday, September 17th to Saturday, September 24th at 11:59pm to complete your run and submit your time.

Below is information on virtual race registration, submission of time, and other details.

1. EVENT CHANGES

- There will be no official designated race route, but you must ensure that your route measures 3.1 miles.
- You will still receive the same quality t-shirt and race bib. The awards for the different age groups will be mailed to the winners.
- Our Facebook page will be used to help with motivation and share tips on running.

2. VIRTUAL REGISTRATION

- **Step 1:** [Register](https://nlcc-atl.org/5k/) by August 19st to be sure to receive your T-shirt and race number before September 17th. (<https://nlcc-atl.org/5k/>)
- **Step 2:** Be sure to select whether you will be picking up your race packet in-person on September 10th OR if you prefer your race packet shipped to you (**\$5.00 shipping fee**).
** We will confirm your shipping address.*
- **Step 3A:** If the *in-person pick-up* option is selected, please arrive at **New Life Community Center, Bldg. #2 between 9:00am – 1:00pm on Saturday, September 10th**. We will email more details about in-person packet pickups as we get closer to the date.
- **Step 3B:** If the *shipping* option is selected, we'll ship your race packet **on August 26th**.

3. HOW TO TRACK AND SUBMIT YOUR RACE TIME

- **Step 1:** Download a running app like Couch to 5k, Nike Run Club, Map My Run, RunKeeper, Fitbit, Strava, etc. This step is necessary to track your race results.
- **These apps can be downloaded from your Google Play store or Apple App store*
- **Step 2:** You have from September 17th to September 24th to run or walk (you can also run indoors on a treadmill as long as it is 3.1 miles). You must complete your 5K and submit your results by 11:59 PM on Saturday, September 24th, 2022.
- **Step 3:** For verified results we ask that you capture and submit a screenshot from your running app. **To submit your time, use your phone to take a snapshot of the finish time on your running app (or photo of treadmill screen). THEN UPLOAD INTO CHRONOTRACK. You will receive an email to upload. If you have trouble uploading, please email your snapshot to nlcmdocs@newlife-atl.org.**

4. RACE RESULTS & AWARDS

- Feel free to post pictures of your personal race on your social media pages using the hashtag #NLCCRRunToChangeALife5k or #RunToChangeALife5k
- Awards will be given to the top 3 overall finishers for three categories. And will be shipped to the winners of each respective category. Additionally, winners' names will be featured on the New Life Community Ministries website.

Let us *virtually* run together to restore hope, revive dignity and raise the quality of life for the homeless and low-wealth families!