

# VRace Questions

## **What is a virtual race, VRace?**

A virtual race is a race you can run anywhere in the world! You run WHEN you want and WHERE you want. You can walk, run on a treadmill, ride your bike outside, or participate in another race. VRace allows athletes of all ages, speeds, and abilities to compete without the cost, time restrictions, and crowds of large, destination races. Plot your course, start your GPS, and head onto your road, track, or trail.

## **How do I become a VRace Fundraiser for NBCF?**

Click “Join a Race” from the Fundraising home page on our website. Choose “Get Started Now” to run your VRace.

## **I’m already registered for another marathon in my town. Can I still complete a VRace?**

Yes! You can run your virtual race alongside of your marathon, 5k, or other race. Complete your VRace registration and you can fundraise for NBCF too.

## **How far is the VRace?**

We recommend a 5k, but if you are more advanced in your endurance you can run farther. Here are a few distance conversions for reference:

- 5k = 3.1 miles
- 10k = 6.2 miles
- Half Marathon = 13.1 miles.

## **When is the best time to register for a VRace?**

It’s best to register no less than 3 weeks before your VRace. It’s important to give your friends and family adequate time to donate towards your fundraiser, and it gives you time to train for your VRace.

## **How do I track my VRace?**

The most accurate way to do this is by using a Running GPS watch, but there are also several free smartphone apps available for iPhones and Android phones that you can use. We recommend the following apps:

- [Nike](#)
- [Runkeeper](#)
- [MapMyRun](#)
- [Strava](#)

Remember to take a screenshot of your VRace and post it on your fundraising page.

## **I don’t want to run my VRace alone. Can I invite others to join me?**

The more the merrier! We allow individual VRace fundraisers to team up and raise money for NBCF together. A team fundraising page is the page for all of the individuals who have joined a VRace team. Each team member will also have a personal fundraising page.

Once you register for your VRace, look for the yellow sidebar that asks if you would like to create a team. Click “Create a Team” and start inviting your friends and family to join in.

### **Can I run with my dog?**

Sure! But please take your dog’s safety and health into account. Not all dogs can handle running distance, and they must train for it, just as we do. Consult your veterinarian before starting any kind of intense exercise program with your dog.

### **I’m having trouble with my VRace fundraising page. Can you help?**

Our VRace pages are identical to our regular fundraising pages. If you need any assistance please refer to our [Online Fundraiser FAQs](#).

### **My company would like to do an employee fundraiser using VRace. Can this be done?**

VRace is perfect for companies where the employees aren’t in one place. It gives each employee the freedom to choose when, where, and how they want to race – all while staying virtually connected to the rest of the company.

We can even customize your own Company VRace portal where employee participants can register for the event, join or create a team, and facilitate online donations for their VRace. This customized page will be a great hub to track your company’s overall fundraising progress, and foster community and friendly competition with your employees. [Contact us](#) to start planning your own company VRace.