



Participant Guide

What is the America Runs Virtual 5K?

We hear a ton of feedback every day from our participants (or those who want to be participants) asking for more Virtual Run options, which is why we're introducing the America Runs 5K race series! Run (or walk) the distance you pick wherever you want. We'll ship the goodie bag, medal, and personalized bib right to you.

Where can I run/walk?

Anywhere! This is your virtual run, and we want you to complete it wherever and whenever you want. Sidewalks, paths, treadmill--make this race your own! Want to make this a family run or walk with a stroller or Fido? Now's the chance! We just ask that you tag us **@americaruns** on Facebook, or **@americarunstogether** on Instagram so we can see these great photos!

What items are included with the America Runs Virtual 5K?

Every participant will receive an America Runs 5k branded: Large Finisher Medal; Ultra-soft T-Shirt; Distressed Trucker Hat; Insulated Stainless Steel Water Bottle; Products and Coupons from some of your favorite running brands and future events.

When do I need to complete my run?

In order to download a Finisher's Certificate, we ask that you complete your run prior to September 30th, 2020.

Do I need to submit results to get a medal?

Your medal will be mailed to you with your packet, but when once you complete your run, you can Log Your Results and download a Finisher's Certificate here: <https://enmotive.com/users/login>.

How do I track my distance and time?

For the Virtual Run, we accept results on the honor system, but the most accurate tracking is typically via a device with GPS tracking.

When will my packet ship?

Packets will begin shipping week of August 17th, 2020. After that, packets will be shipped within 10-14 business days. The virtual race is currently only open to US addresses within the contiguous United States. At this time, we cannot ship to Alaska, Hawaii, or anywhere internationally.

Do you ship internationally?

The America Runs Virtual 5k is currently available only for addresses within the contiguous United States. We cannot ship outside the United States at this time.

What do I do if my goodie bag doesn't fit? Can I swap it?

We do not offer any size exchanges post packet shipment. All changes to sizes need to be made prior to confirming registration. We highly recommend that all participants take care to view the sizing chart below to order the correct size. Please see the Sizing Chart on the next page.

WOMEN'S SIZING

Description	SIZE				
	S	M	L	XL	2XL
A: WIDTH	IN 16	17	18.5	19.5	22
	CM 40.64	43.18	46.99	49.53	55.88
B: LENGTH	IN 25.25	26.25	27.25	28	28.5
	CM 64.14	66.68	69.13	71.12	72.39
C: SLEEVE CENTER BACK	IN 11.5	12	12.5	13.25	14
	CM 29.21	30.48	31.75	33.65	35.56

MEN'S SIZING

Description	SIZE				
	S	M	L	XL	2XL
A: WIDTH	IN 18	20	22	24	26
	CM 45.72	50.8	55.88	60.96	66.04
B: LENGTH	IN 26.5	28	29.25	30.25	31.25
	CM 67.31	71.12	71.76	76.84	79.38
C: SLEEVE CENTER BACK	IN 15	15.75	17	18.25	19.5
	CM 38.1	40.01	43.18	46.36	49.53

