



Hosted by:



Virtual 5K Details

Between Thursday, April 23–Sunday, April 26, 2020, take up the challenge and run or walk a 5K (3.1 miles). This is something that can be done by anyone, anywhere, any time, for any distance, at any pace, for any number of days. You can walk or run your 5K all at once or in any combination of days and distances that works best for you. You can even do it indoors on a treadmill, so just about anyone can do it!

- When: Thursday, April 23, 2020 through Sunday, April 26, 2020
- Where: Anywhere in the world. You can run or walk anywhere you want - your neighborhood, favorite trail, school track, the mall, even on a treadmill.
- Time: Any time that fits your schedule. You can even complete the 5K distance all at one time or complete the distance in smaller increments during any combination of days and distances that work best for you.
- Speed: You can go as fast or slow as you want.
- Tracking: You can use a pedometer, app on your cell phone (MapMyRun, RunKeeper, Strava, etc.), Apple Watch, Fitbit, or other device to track your distance and time.
- Race Shirt: All participants receive the Cairn Cares 5K race shirt. It will be mailed to you the week following the race.
- Runner's Bag: Many of the items in the on-campus 5K runner's bag will be sent along with your race shirt the week after the race. This will include coupons and other offers. (Unfortunately, some product samples will not be able to be shipped).
- Prizes: All participants are eligible for prizes selected by random drawing during the virtual 5K weekend
- Results & Photos: We would love to get pictures of you before, during, and/or after you complete your 5K, as well as your race time results. You can submit your pictures and time at: [Virtual Results](#). Just select the "Submit Event Results" button. The same form is used for submitting time results and photos. Those submitting photos and times will receive extra entries into our random drawing contest.