



**BURCHELL**  
YOUTH DEVELOPMENT  
FOUNDATION  
*Empowering Jamaica*

## Virtual 5K Details

### What is a Virtual 5K, how does it work & why should I do it?

From Thursday, May 21 – Monday, May 25, 2020, join us and run or walk a 5K (3.1 miles) to raise funds for Burchell Youth Development Foundation. This is something that can be done by anyone, anywhere (no matter where in the world you live or are traveling to), any time night or day, at any pace, during any # of days. You can walk or run all 3.1 miles at one time or complete the distance in smaller increments during 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!

### Virtual 5K

When: Thursday, May 21, 2020 through Monday,  
May 25, 2020

Where: Anywhere in the world

Time: Any time that fits your schedule

Who: Open to all

Cost: \$35 per US participant  
(\$5 discount if you register  
on or before 2/15/20)

### Medal:

All participants receive this exclusive, great looking, 3", custom designed medal & ribbon

