



Following are instructions on how to participate in Warrior Dash Virtual Challenge:

1. You can run and/or walk any time from May 1-31, 2020.
2. You can run or walk anywhere you want- your neighborhood, favorite trail, school track, even on a treadmill. Please follow all local laws and social distancing guidelines.
3. You choose the distance you want to complete: 1 mile, 5K (3.1 miles), 10K (6.2 miles), half-marathon (13.1 miles), full-marathon (26.2 miles), or enter the Open Challenge and complete as many miles as you can.
4. You can complete your selected distance all at one time or complete the distance in smaller increments during any combination of days that work for best for you.
5. You can go as fast or slow as you want.
6. You can use a pedometer, app on your cell phone (MapMyRun, RunKeeper, Strava, etc.), or other device to track your distance.
7. To log your time go to the Virtual Charity Events website and select the Warrior Dash Challenge "[Submit Event Results](#)" tab. Note: if you complete your mileage over multiple days, please submit your overall time when you are done.
8. We would love to get some pictures of you before/during/after your run. To upload your pictures go to the Virtual Charity Events website and select the Warrior Dash Challenge "[Submit Event Results](#)" tab. Note: if you are uploading pictures but not submitting results at that time, complete the form but enter "O" in "Distance" and "Time" fields. We will then post your pictures & comments on our event website.
9. Throughout the challenge we will have a few random drawings for some small prizes from all participants who submit pictures and/or mileage. Awards will be announced throughout the challenge, so make sure you get them submitted as soon as possible.