

VIRTUAL RACES

IT'S VIRTUAL RACE TIME! READY, SET, GO!

A virtual race is a race that can be completed from any location you choose. You can run, jog or walk on the road, on a trail, on the treadmill, at the gym or on the track. You get to run your own race, at your own pace and time it yourself.

HOW TO PARTICIPATE

Decide on the distance you want to complete. You will have six options to choose from: 1-mile walk, 1-mile run, 5k walk, 5k run, 10k walk or 10k run. Then decide where you want to walk or run. You time yourself. You can even get your family to race too!

SUBMITTING YOUR RESULTS

Complete a virtual race any time in October. Once you have completed your race, you will submit your race time [HERE](#).

RECOGNIZING YOUR ACCOMPLISHMENTS

The participants with the top 2 times for each distance (1-mile walk/run, 5k walk/run and 10k walk/run) will be given a special shout out on our [WFHTN Facebook page](#).

SHARE YOUR RACE WITH US!

We would love to hear about your race. Share your photos and experience with us on our [WFHTN Facebook page](#)!

Complete all three distances within the month to be a WFHTN Virtual Race Gladiator!