



# FHC VIRTUAL 5K & 12K FAQs

## WHAT IS A VIRTUAL RACE?

A VIRTUAL RACE IS A RACE THAT YOU CAN DO ANYWHERE AND DOES NOT HAVE A SPECIFIC TIME OR STARTING PLACE! YOU PICK THE DAY AND TIME, AND EVEN THE ROUTE!

## HOW LONG IS A 5K? WHAT ABOUT A 12K?

A 5k is 3.1 miles. A 12k is 7.46 miles

## IS THERE AN EVENT WEBSITE?

Yes! Information can be found here: [www.forthhealthcare.com/virtual5k](http://www.forthhealthcare.com/virtual5k) and specific Frosty Rock information can be found here:

[www.forthhealthcare.com/frosty-rock/](http://www.forthhealthcare.com/frosty-rock/)

## IS THIS EVENT & SERIES FREE?

Yes, this is totally free!

## I'M NOT A RUNNER, CAN I WALK THIS?

Yes, you can walk the 3.1 miles or 7.46, depending what race you signed up for.

## HOW DO I REGISTER?

You can register for one or all the races at [www.forthhealthcare.com/class/winter-run-series/](http://www.forthhealthcare.com/class/winter-run-series/)

## DO I HAVE TO DO THE FULL 3.1 MILES IN ONE WALK/RUN?

Yes you do in order for it to be fair for all participants.

## WILL MY TIME BE DOCUMENTED?

Yes, your time will be documented on a "virtual leaderboard" after you submit your proof of completion and time.

## CAN I DO THIS WITH A FRIEND/FAMILY MEMBER?

Absolutely! We just ask that you practice physical distancing if you plan to walk/run together.

## ARE THERE PRIZES?

Yes, of course! All participants that successfully finish each race in the 5k series will have their name put into a drawing that will take place after the final run in February. Prizes will be ten-\$50 gift certificates to your choosing of a local business!

## HOW DO I KNOW HOW LONG 3.1 OR 7.46 MILES IS?

If you have a tracking device, such as a Fitbit, Apple Watch, or a smart phone, you may be able to see the distance of your walk or run. Another option is to find a route using "MapMyRun" to find your perfect course.

## HOW CAN I RECORD MY TIME?

You can use a stop watch, your phone or a tracking device.

## HOW DO I SUBMIT MY COMPLETION OF 5K?

Take a picture of your tracking device, route and watch and send it to [wellness.advisor@forthc.com](mailto:wellness.advisor@forthc.com) between the designated times noted for each race. No late submissions will be added.

## WHO DO I CONTACT WITH ADDITIONAL QUESTIONS?

You can contact Community Health and Wellness by calling (920) 568-5475 or emailing [wellness.advisor@forthc.com](mailto:wellness.advisor@forthc.com)