

# FHC VIRTUAL 5K 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?

A 5k is 3.1 miles.

## IS THERE AN EVENT WEBSITE?

Yes! Information can be found here: [www.forthhealthcare.com/virtual5k](http://www.forthhealthcare.com/virtual5k)

## 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 outdoors or on a treadmill.

## IT IS REALLY HOT OUT/I DON'T LIKE WALKING OR RUNNING--CAN I DO SOMETHING INDOORS OR DIFFERENTLY?

We get it, and yes! We're offering the option to either row or bike to count as your 5k. For biking and rowing, as long as you have 5 miles documented, we'll count it. Just note this in your completion email!

## HOW DO I REGISTER?

You can register for one or all the races at [www.forthhealthcare.com/class/virtual5k](http://www.forthhealthcare.com/class/virtual5k)

## 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.

## HOW DO I KNOW HOW LONG 3.1 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 5k course.

## WILL MY TIME BE DOCUMENTED?

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

## ARE THERE PRIZES?

Yes, of course! Besides the feel-good endorphins you will receive from physical activity, each race that you complete will give you one entry towards one of twenty-\$25 gift cards awarded after race 5. The more races you do = more entries!

## 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)