What Is Strides 4 STRIDE Virtual Run, Walk ‘n Roll?

*Anyone can participate in this virtual race from anywhere, at any time on the weekend of June 20.* When you register, You can run a 5K for competition on a track, OR participate for themed prizes at your leisure and mode. It can be run, walked or rolled at your convenience during a time and a location on a course you select wherever you are.

**How Do I participate?**

To participate in Strides 4 STRIDE Virtual Race - first REGISTER with STRIDE; then create your Strava account, and start your fitness journey ending in a 5K race on a local track, or a non-competitive run, ride or walk of the distance you select for YOU. *You* can use the STRAVA social functionality — likes and comments and photos — for communicating with other people in STRIDE’s group! This may win you prizes! Or submit your 5K time before June 22 for your ranking against others who run on a track.

Here is the link to join the STRIDE Strava Club: [https://www.strava.com/clubs/strideadaptivesports](https://www.strava.com/clubs/strideadaptivesports)

**Can I bike/walk/ handcycle/wheelchair/elliptical/ etc?**

Our event is about providing you with motivation to achieve your personal goals, whatever those may be. So yes, you can complete the distance you choose in any mode, OR you can compete in a 5K run at a track.

**Why Should I Accept the Challenge?**

*Fitness!* Get yourself in shape with an end goal of ‘competition’ with friends.

*Support!* Help STRIDE stay afloat during the COVID pandemic! You are supporting a non-profit that does so much good for adaptive athletes. STRIDE needs your support in return. And part of your fee goes to fight hunger in our region.

*Bragging Rights!* Compete against the efforts of others in a 5K timed race.

**What Does my Registration fee cover?**

Registration fee - $25 or $30 after May 15.

10% of the fee will be donated to [The Food Pantries of the Capital District](https): After expenses, the rest goes to support our virtual events and help STRIDE survive these challenging times.
*If you have financial need during this difficult time, please reach out to phayslett@stride.org so we can register you to participate.

**Do I have to Fundraise?**
No, but this event will not raise nearly the funding that STRIDE is accustomed to during ‘normal’ times unless you help us. We appreciate every dollar donated to get us through tough times.

Raise $100 - and get STRIDE swag face mask; Raise $250 and get your entry fee reimbursed!

**How can I help STRIDE while they help me?**
Set up your Peer-2-Peer fundraising page to support STRIDE. To create your page, Register and then click on the links that says “PROMOTE THIS EVENT WITH A PERSONAL CAMPAIGN PAGE.” It will be provided on your webpage confirmation screen and in the confirmation email you received after registering.

- participants who raise $250 and above may claim registration fee reimbursement.

**How do I track my distance and time my run?**
You can use any tracking device you have available. Apple Watch, Fitbit, pedometer, and synch or upload to STRAVA. Take a picture of your end result and post it to Strava or STRIDE’s Facebook page or email it to mevans@stride.org for her to post. Please let us know if you are in need of a pedometer, we will set up a safe way for you to receive one. Make sure to use the hashtag #WhySTRIDE! in all your posts.

**What is Strava?**
in Swedish, STRAVA means STRIDE! Strava is a free app for phones, laptops, pads and fit devices to track fitness goals and workouts, to share with friends. https://www.strava.com/

**How do I set my goal?** STRAVA has a goal setting option. You can set your goal on your own. Write it down, create a progress chart, take a picture and post it on Facebook or the STRIDE Strava page.

**How Do I submit my time to prove I completed the 5K run at a local track?**
We accept results on STRAVA, the honor system and a screenshot of your run tracked by a device; but the main goal is for participants to meet their personal goal of fitness with the
motivation from being part of the STRIDE family of participants.

**Are there Awards?**
Yes. We will rank the 5K run by age and gender.

Non-competetive registrants can ‘compete’ for these awards:
- Highest placing fundraisers
- Best Costumes
- Most workouts logged on Strava
- Longest distance/time workout
- Best photo/scenery in your workouts
- Most unique/creative location for Strides
- Most supportive Stride to small businesses (suggest stopping at local restaurants for picking up food/snacks/fuel to keep exercising),

Awards will be compiled and announced: June 22nd and mailed afterwards.