Virtual Race/Walk-a-thon/Bike-a-thon

Run/Walk/Bike a marathon together – virtually!

- Determine what virtual platform you will use for your virtual race. See below for a list of options.

- Determine length of your race and how long participants will have to complete it.

- Recruit runners/walkers/cyclists.
  - Open to all ages and abilities
  - Can limit to employees only or invite them to recruit others

How to participate:

- Participants can complete their miles however they like—all in one day or one mile at a time; in their neighborhood or on a treadmill; solo or with their dog, kids or spouse. Whatever fits their schedule and preference.

- Participants log miles using an app like Strava, Garmin Connect or JustMove. (See links below.)

- Participants can post photos or screenshots from their runs/walks/bike rides along with their mileage total on social media, company Facebook Groups, or internal websites using a unique hashtag.
- Participants fundraise by asking friends and family to give them a direct contribution or a pledge per mile. Dollars raised can be paid directly to Metro United Way using a unique code for your company and event.

- Consider hosting a virtual celebration for all participants at the end of the race.

**Incentives for participation can include:**

- All participants who complete the race and raise or donate a minimum of $100 (or some other amount) receive a special t-shirt or a marathon medal or a PTO day.

- All participants who complete the marathon are entered to win a drawing.

- Prizes for the participants who raise the most money, run the most miles, etc.

**Virtual Race Apps**

**Track Miles through the following apps:**

- Strava - [https://www.strava.com/](https://www.strava.com/)

- Garmin Connect - [https://connect.garmin.com/](https://connect.garmin.com/)


  - Helps you create a virtual race
  - App allows runners to register and track their miles