

Steps to take once you have finished The Corona Run 2020

- 1) Send the following form of verification to thecoronarun@gmail.com
 - a. If you want your results on Ultrasignup - Please send any screenshot with a file from Garmin, Strava, Fit Bit, or any digital app that records time and distance. If you need help with this, please email me.
 - b. If you are not concerned with results on Ultrasignup-Please just send date, time, and finish time.
 - c. We are collecting pictures so attach those as well!

Rules

- 1) Must practice social distancing and any updated recommendations given by local, state, and federal authorities, including the CDC in regards to activity.
- 2) You can run, walk, hike, crawl, prancersize any distance, anywhere but it must be done in one workout in a 24 hour period. (If you don't know what prancersizing is look up the videos on Youtube)
- 3) You may use a treadmill

Receiving medal

- 1) Once you have completed The Corona Run we will record your data and send out the medal with the appropriate charms ASAP!! If for some reason we cannot get them out to you within a week, we will communicate the expected time of arrival via email.
- 2) Once you receive the medal, proudly display, share your story, and send pictures!! That is how we connect with each other! As much as you might be struggling during these times for whatever reason, we as race directors are struggling because of the possibility of our races being cancelled and managing the future of our business.

We hope you have fun with this. We thank you for your support as all the proceeds will benefit Kids Food Basket. Our goal is to raise \$3,000! Let's do this!

We do not want to limit anyone's ability to complete The Corona Run so if you have questions or are struggling please reach out and ask! You can reach us at thecoronarun@gmail.com