

FAQ'S

.

How does a Virtual Run work?

Unlike a traditional run, a virtual run can be completed at any time and any place! Complete your run in your neighborhood, nearby park, or even on a treadmill. Recording times will be optional.

How do I get my custom print-at-home bib?

When you register, you will receive a confirmation email. That confirmation email will have a green "**Manage Your Registration**" button. That's where you can follow the prompts to get your bib, upload your race results and print out your finisher certificate. It's super easy!

How do I track my time/pace?

Your virtual run will be completed on the honor system, so you can use any method that you normally use to measure and time your run. You will not be required to prove your participation or completion of the run, but if you would like to submit your finish time, you can click on the "**Manage Your Registration**" link in your confirmation email, and follow the prompts for uploading your results. You can even add a picture of your watch, or a selfie of you finishing.

Can I run from another state?

Absolutely! A great thing about going virtual is you can now share our event with friends and family outside of our community, and make it a friendly competition! We all have phones...connect with your loved ones and run/walk/jog with them!

After I complete my run, what's next?

Sharing your pictures about your 5K, and even selfies are greatly encouraged on social media! Upload videos of you running and tag us using #GiveCancerTheBootSA. HAVE FUN!