



Virtual 5K Instructions:

1. **PLAN** - Map out a 5K route (3.2 miles), and plan to run sometime between Sunday, September 27 and Sunday, October 4.
2. **INCLUDE** - Involve your family and friends by asking them to run with you virtually (or in-person if it can be done safely.)
3. **RECORD** - After your run, go back to the Footprints Forum page to input your run time and location information.
4. **SHARE** - Take pictures from your run and upload your pictures to the Footprints Forum page. You can also upload to social media and tag Hope After Loss with the hashtag #Footprints2020.

Don't forget to watch the Remembrance Ceremony video on Sunday, Oct 4. It can be viewed as early as 10am and can be watched any time after that.

Everyone who participates by uploading their time and/or sharing pictures to the Footprints Forum page or to social media with the hashtag #Footprints2020 will be entered in a raffle to win some amazing prizes!

