

WELL NATION

PRESENTS

INDIGENOUS RUNNING CLUB'S VIRTUAL

5K, 10K Kids 2K

PARTICIPATION IS FREE!

REGISTER BETWEEN

OCTOBER 16-OCTOBER 26.

COMPLETE YOUR VIRTUAL RACE

BETWEEN OCTOBER 27- NOVEMBER 9.

VIRTUAL 5K/10K IS OPEN TO ALL AGES

KID'S 2K IS OPEN TO CHILDREN 12 & UNDER

REGISTRATION IS LIMITED, offered on a first come, first serve basis and includes a FREE event shirt & finisher's medal!

What is a virtual race?

Virtual race offers you an opportunity to participate in a racing experience in your own community. During October 27-November 9, choose a time and location to complete your selected distance. Do it with friends, family or by yourself!

How do I track my virtual race?

Participants will need to download the Strava: Run, Ride, Swim App from the App Store or Google Play store. There is no cost for the app!

What do I do once I finish my virtual race?

Submit your results via email to jkennedy@namerind.on.ca. It can be a screen shot or share your results directly from your app, ensure it has your time and distance completed.

Share your accomplishment on social media! Use hashtags [#ActivatingWellness](#) [#IndigenousRunningClub](#) [#NAmerindHealthyLiving](#)

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E-MAIL JOEL KENNEDY TO REGISTER:

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