



Liberty VIRTUAL 5K

QUESTIONS AND ANSWERS

What is a "Virtual" 5K?

It's a run or walk that you perform at your own pace, during the designated timeframe, and share your results with the coordinators.

How far do we run/walk?

We are asking you to complete a full 5km (3.1 miles) walk or run. You can do this on a treadmill at home or outside in the beautiful weather. If you do venture outside, remember strict adherence to local social distancing protocols. Failure to adhere to these rules could result in fines.

How do I show I've finished?

Easy. Take a digital picture of your treadmill console or a screenshot of fitness/running app and email it to BeneluxV5K2020@gmail.com with the subject "Liberty V5K" by midnight on Saturday, 3 July. Submit photos of your victory to the USAG Benelux Family and MWR Facebook page in the comments section of the Liberty V5K Finish Line.

What's in it for me (other than fitness, of course)?

After the deadline, organizers will compile the names of the participants and will send you a certificate that you can post on your social media.

Note: When you email your proof of completion, please include your name and finish time. This will be kept for our own records and will not be shared with anyone. Remember, the goal is the distance, not the time. This is not a race!

If you have further questions, please email to BeneluxV5K2020@gmail.com. Thank you, stay safe, and wash your hands!

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