



# Liberty VIRTUAL 5K

## RULES & REGULATIONS

In this time of physical distancing, it is important for both physical and mental wellness to promote fitness and self-care. To help, we encourage everyone to join Family and MWR in our Virtual 5K.

The virtual Liberty 5K Run begins Sunday, 28 June through midnight of Friday, 3 July. Participants must send proof of completion in order to receive the Virtual Medal. Social distancing guidelines must be followed at all times.

Participation in the Liberty Virtual 5k Run constitutes full and unconditional agreement and acceptance of these contest rules and verifies that the participant is physically able to complete the event.

By submitting an entry you agree to have your name and photo posted on the Facebook page. We reserve the right to remove any post that does not follow the guidelines posted on our Facebook page.

By entering, you agree to follow the Official Rules and hold harmless and indemnify USAG Benelux Family and MWR and the United States Army. No graphic, obscene, explicit or racially degrading names will be accepted. Your registration in the Liberty Run automatically enters you in to a prize giveaway drawing. Winners will be randomly selected as part of our LIVE Facebook broadcast on the 4th of July.

This contest is no way sponsored, endorsed, administered by or associated with Facebook. No Federal Endorsement Implied.

**Who can participate:** This contest is open to all U.S. Military and NATO personnel, DOD civilians, and their Family Members. Employees of Marketing, their family members and other individuals engaged in the development and implementation or direct execution of this contest, including Army senior leadership, are not eligible to win.

---

SPONSORED BY:  
No Federal endorsement implied.



**BENELUX.**  
ARMYMWR.  
COM