



## 2024 Ranney Run 5K Virtual Race Instructions

Since the Virtual 5K is not chip timed, participants can choose to complete their 5K route in a variety of ways! (run, walk, cycling, roller blading, etc.) Have fun with it!

Virtual participants will be eligible for these special awards:

- + Funniest Running Selfie
- + Most Creative Mode of Transportation
- + Furthest Participant from Rolla, MO!

\*Send us your selfies/mode of transportation through our social media pages to qualify. Follow us on Facebook and Instagram @RanneyRun!

Instructions for the Virtual 5K!

**Step 1:** Register on the "Register Now" tab, share it through social media and encourage your friends to join!

**Step 2:** Between September 14th and September 21st until 9 a.m., complete a 5K (3.1 miles) and time yourself. You can use free tracking apps like It's Your Race Virtual App, Map My Run, Nike, Runtastic or Strava to name a few.

**Step 3:** Log back onto the Ranney Run event page under results to "Update Your Time". You're finished! The email you use when signing up will ensure that only you can update your time and the results will be shown on September 21st at 12 p.m. Once the cut off time has been reached for people to finish their runs, new times will stop being accepted and results will become "official".

Virtual participant awards will be posted on the Ranney Run Facebook event page the afternoon of September 21st after the Ranney Run has ended. Your race packet will be mailed to you after the event.

