16th Annual Runnin' for the House 5K Run & Fun Walk 2020 RMHC Greater Las Vegas Goes Virtual!

'VIRTUAL RUN' FAQ's

What is a "virtual run"?

Unlike a traditional running event, a virtual run can be completed at any time during the event day (Saturday, April 18) and can be run (or walked) anywhere. Participants can walk or run on the streets in their neighborhood, at a local park, or use a treadmill. If you want to get creative, you could even hike, walk your dog, or kayak to complete the 5K distance of 3.1 miles, or the one-mile walk distance. Virtual races can be completed however is most convenient for the participant!

Why should I sign up?

All of the money raised from the event will support the Ronald McDonald House Charities of Greater Las Vegas mission of creating and supporting programs that directly improve the health, education and well-being of children in our community.

As one of our largest fundraising events of the year, we count on the funds raised from the *Runnin' for the House 5K Run & Fun Walk* to support the families who depend on us as a home-away-from-home. In these unprecedented times, it's more important than ever to continue to support our families financially.

I already signed up for the run. What happens next?

If you already signed up for our 16th annual *Runnin' for the House 5K Run & Fun Walk*, your registration will automatically be transferred to our virtual run, and you'll be able to participate in the virtual run on Saturday, April 18th. You'll also still receive a race packet with **a pair of red-and-white striped socks**, a finisher medal, and other goodies.

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I've signed up, what are the next steps?

1. Join our Facebook group to follow the latest information and details for the event: www.facebook.com/groups/495669527984755/
   - Take a moment to post in the group about why you signed up for the run.
   - Post photos of yourself during your training to help build excitement for the run.
2. Pick up your race packet from April 15 – 17 at the House, between 9am – 5pm.
   - Your race packet will include a pair of **red-and-white striped socks**, a finisher medal, a RMHC wristband, a Nuun hydration sample and other goodies.
3. Run or walk (or hike or bike!) on Saturday, April 18th – **we encourage everyone to wear your red and white striped socks during the event!!**
   - Be sure to post your race photo(s) to the event Facebook group and to all social media accounts using the hashtags #RockTheSocks, #RunninForTheHouse and #KeepingFamiliesClose.

I've completed my virtual run, now what?

Congratulate yourself on a job well done! Be sure to check out the event Facebook page throughout the day to see how other individuals and teams are participating in the run - maybe you'll get some ideas for next year when we can all gather at the house again!

Questions?

If you have questions, email events@rmhlv.org.