

VIRTUAL FUN RUN GUIDE



CHOOSE YOUR DISTANCE

Choose distances most appropriate for the age of your participants

- Grade K-6 we suggest a 2km fun run
- Grades 7-12 we suggest a 5km fun run

CHOOSE A DATE

You can choose whether you want participants to run together on one day, or over a period of time (week, month, etc)

SEND INFORMATION TO PARTICIPANTS

- Include our virtual AMA YRC Race bibs that participants can print out, colour and wear
 - With numbers
 - Without numbers
- Participants will run their own route for the set distance. Remind participants to select a safe route approved by a parent or guardian and to follow all health recommendations
 - Routes can be mapped using Google Maps, or any other tracking program the family is familiar with

TRACKING KILOMETERS

Make sure that participants track their kilometers. Once participants have a route mapped they can simply just track the time it takes to run the route. Other options include: a smart watch, smartphone app (e.g. Strava), a watch/timing device (10 minutes jogging = 1km), counting city blocks (1km = 12 city blocks)

COLLECT RESULTS

You can share these however you would like, just ask the student/parent/guardian to send you all of the data they collected. This might only be their name and time they ran depending on what collection method they used. Metrics you could track are: name, grade, time running, length of run in km or city blocks, how the run felt, their favourite part of the run, did they run with anyone else, etc.