



5K Race *Event Overview*

EQUIPMENT NEEDED



Designated Start/Finish Line

(You can use cones, a chair, or any large, stationary object that will not move)



Measuring Tape

If you do not have measuring tape, take big steps. Measure 2.5k and double the distance

Measure 1k and complete that 5 times



Stopwatch



Your Body!

1 Big Step = 1 Meter, Complete race however you can (run/walk/wheelchair)



App to show distance and time – Runkeeper App

RULES

1

Lay out what the 5k (3.1 miles) will be

2

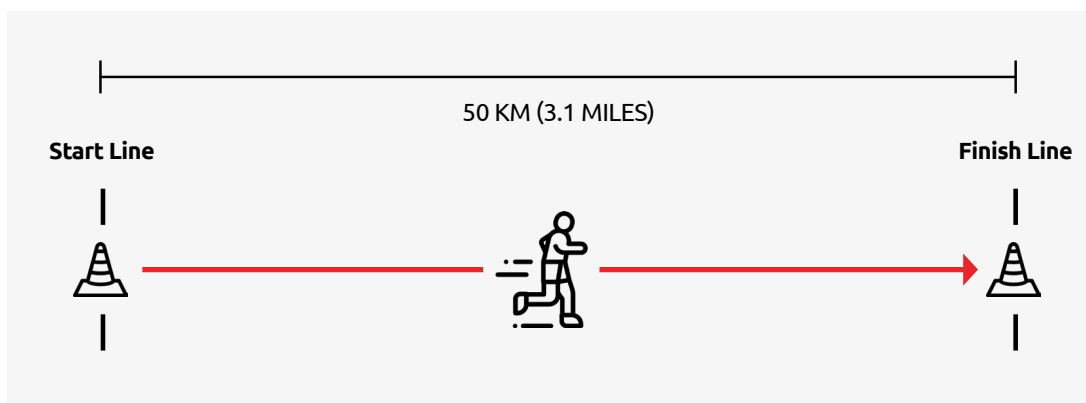
Have someone time you

3

Record the time

How fast can you complete 5 Kilometers?

SETUP



Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:

#sowavirtualgames

