



VIRTUAL 5K RUN

Step 1: Choose the date in May when you will complete your virtual solo 5K run!

Step 2: Use #Jeffersonvirtual5Krun and tag us on Instagram @Jeffersonef_fit to "register" for the virtual run. Take a picture of your running shoes, or a selfie.

Step 3: Post pictures during your training runs and/or your completed 5K virtual race! :) SMILE under that mask! #Jeffersonvirtual5KRun

Step 4: Tag us on your 5K Race Day with a selfie and/or your running shoes for a chance to win PRIZES!! @Jeffersonef_fit

***Remember to always practice safe physical distancing!! Safety is always the number one concern, so check your local government recommendation for outdoor activities! ***