What's a Virtual Race?

A virtual race is a race that can be run (or walked, or rolled) from any location. You get to run your own race, at your own pace, and time it yourself on a course of your choosing.

What Do I Get For Registering and Completing the Virtual Race?

Everyone who registers for the virtual race will be mailed a race shirt and a commemorative poster. Male and female age group winners, outstanding performers, and adaptive runners will receive a Bionic5K trucker hat.

Where and When Do I Run, Walk or Roll?

Race weekend is **April 22-24**. Pick a time from Fri-Sun that works best with your schedule and plot a 3.1 mile course. You get to run, walk, or roll wherever you want. Design a route and make sure you know the distance. A great tool for measuring things out is On The Go Map.

Be sure to bring your watch or phone, so you can time yourself.

… and if you can't go outside, use a treadmill.

What Should I Do When I'm Finished?

Go to www.bionic5k.com. Under the Virtual Race tab, select "Upload Results" and fill out the form to enter a time. You will enter your Bib Number (see Racewire email), Name, Gender (optional), Age, and Time (in minutes and seconds - so if you walked and it took an hour and 15 minutes, enter 75 minutes.)

Additionally, if you would like to be considered for male and female age group prizes, take a picture of the device you used to measure your time (Strava or a GPS watch are preferred) and email it to info@bionic5k.com. Be sure to include your name and bib number in the email.

Then, upload a picture of yourself to Instagram with #bionic5k to join the photo gallery from the race. You can subscribe to the feed on Instagram or check the race website to see us all together.

And when you've finished it all, pour yourself a beverage to celebrate!

(preferably from our friends at Lamplighter Brewery or Shacksbury Cider :)