

Dream Big 5K Virtual Race Frequently Asked Questions



What is a virtual race?

A virtual race is one that you complete on your own time and at a place you choose. You can even run 5K on your treadmill at home, walk a neighborhood trail or favorite 5K course. We realize that many of you are at home and practicing social distancing (so are we!), so we are changing the race in a few ways:

- Dates extended. You don't need to run/walk/roll on April 26. Complete the 5K anytime between 4/26 and 6/26.
- Completion is based on the honor system. Submit your time at runsignup.com/dreambig5krunwalkroll so we know you completed the race.
- We will not give awards to top place finishers in each division. We will share results after 6/26, so there can still be some friendly competition.

How do I register for the virtual Dream Big 5K?

Register online at <https://runsignup.com/dreambig5krunwalkroll>

What if I have already registered for the Dream Big 5K?

- Your race registration will automatically be updated to the virtual race.
- You do not need to take any action, unless you want to order some EDD gear or make a donation.
- We will email a virtual swag bag with a printable race bib before 4/26. Recognizing that there may be some delays in production, we will mail T shirts and medals in late April.

What if I am not interested in a virtual race?

- We understand that this option might not work for everyone, and apologize for the inconvenience. This was not our original plan. You have two options:
 1. Stay registered and don't sweat the race. You will still receive the SWAG, and your registration fee will support adaptive sports programs in our community. (And who knows? You could change your mind and decide to run/walk/roll 5K this spring.)
 2. Transfer your registration to a donation to [EDD Adaptive Sports](#), a 501(c)3 charitable organization. With this option, all of your registration fee will support programs, you will receive a receipt for your donation and you will not receive SWAG.

How can I help?

- Spread the word! Invite your friends to virtually join you for the 5K. Our original goal was to turn out 250 participants at the 4th Annual Dream Big 5K. *Let's see if we can virtually bring together that many people!*
- Use **#DreamBigVT** when you post and share
- Join our Facebook Group "[Dream Big 5K Run, Walk, Roll.](#)" Connect with other Dream Big participants, share messages of encouragement and photos of your run.
- Leave a message of encouragement for EDD athletes on our [Facebook page](#). We all miss being able to get together to play sports.
- Show your pride with some EDD gear. Purchase an EDD hoodie or an extra T shirt.

Please contact Gretchen if you have more questions: events@eddfund or 802-399-4366

