

What is a Virtual 5K?

A virtual 5K race can be run or walked from any location of your choice, at any time during the race period. You can run or walk on the road, a trail, treadmill, a track or even do laps around your living room. This is your own race, at your own pace on your own schedule!

HOW TO PARTICIPATE

Take off on your favorite 5K route, time yourself, and share “finish line” photos using **#JumbosAtHomecoming** and tagging @tuftsalumni on Facebook and Twitter or @tuftsuniversity on Instagram. Be sure to wear your mask and practice social distancing in photos too! If you want to be considered for a prize, you must submit your 5K results and spirit photo via the completion form by midnight EST on **Saturday, October 17, 2020**. Although no medals will be awarded, **the top overall runner from each decade, along with the runner who displays the most Tufts spirit, will receive prizes! All participants will be sent a finisher’s certificate!**

- 1) Register via Jumbos@Home-coming Registration page (<https://rsvp.tufts.edu/Jumbosathomecoming>), so we know you are participating!
- 2) Choose your route - wherever you want to run or walk, just be sure the route is the full 5k distance (3.1 miles). We suggest using, [Map My Run](#) or [Strava](#) (both can be downloaded free through the Apple app store or Google Play store) to track your run or walk! You can map out routes on their websites, or simply track your 5K live with apps on your phone.
- 3) **Print your race bib** and wear it! Participants are encouraged to wear their best Tufts gear along with their race bib!
- 4) Complete your 5K between Oct. 10th and Oct. 17th!
- 5) Fill out the Race **completion form:** (https://tufts.qualtrics.com/jfe/form/SV_aghd8zQ4RcYg5oh) and upload a screen shot or photo of your watch, smartphone or fitness tracker or a Strava link. You can also submit a selfie along with your race results on the completion form or post them to social media with the hashtag #JumbosAtHomecoming (don't forget to make your post **public** so we can see it!). All participants that submit or post a race “selfie” will be eligible for the Best Tufts Spirit Prize!