



## The *Virtual* Route 50 Mile

a virtual race hosted by CAPTAIN Community Human Services  
**Thursday, June 11<sup>th</sup> to Sunday, June 14<sup>th</sup>, 2020**

In our late April 2020 Route 50 Mile cancellation notice, we mentioned that the potential existed to contest our event virtually, and we're happy to announce that this option has become a reality.

### Details

- You must register to participate. The event is free and includes a downloadable custom bib. Donations to support CAPTAIN CHS's emergency programs are encouraged.
- All performances must be completed between Thursday, June 11<sup>th</sup>, and Sunday, June 14<sup>th</sup>.
- GPS distances must be within 0.01 miles to be "legal" (i.e.; 0.98 is not okay but 0.99 is alright).
- The mile run must be reasonably level ground. No downhill runs please!
- Submissions require a screenshot, photo or other digital evidence of the route and run time, and must be submitted by Monday, June 15<sup>th</sup>, at 12:00 noon.
- Complete results will be posted on the CAPTAIN CHS website by Wednesday, June 17<sup>th</sup>.

### Important Rules to Remember

- **All participants must avoid gathering in large groups and running at the same time.**
- No one should be running on the grounds of a high school track. This is not only against district policies but can result in discrepancies in the GPS watch measurement.
- It's suggested to run along a safe route, such as a bike trail which might be an ideal "course."
- **Take social distancing seriously!**

Share photos of your performances on Instagram by using the hashtag #SocialDistanceRuns #Route50Mile and tagging @CAPTAINCARES, or share to our Facebook page (@CAPTAINCHS), or simple upload form.

To register or for additional details, visit: [www.captaincares.org/route50](http://www.captaincares.org/route50)