

Frequently Asked Questions

Women of Noble Character 2022 Virtual 5K Run/Walk



1. What is a Virtual 5K?

A **virtual** race is a race that can be run or walked from any location. The great part about the virtual event is that it can be completed anywhere you are in the world!

2. When do I Run/Walk?

You can Run/Walk your 5K anytime that works for your schedule on Saturday, September 10th. If it's cold or raining, no problem! Wait until the time is right!

3. What time does the Run/Walk start?

The 5K Run/Walk will start at 7:00AM (EST) and end at 11:00PM (EST).

4. Who can participate in the Virtual 5K Run/Walk?

Anyone 13 years and older who **registers** for the Run/Walk can participate.

5. When is the cutoff to register?

Participants have until midnight Sunday, July 31st to register for the Women of Noble Character 2022 Virtual 5K Run/Walk **and** be guaranteed a t-shirt. *T-shirts are not guaranteed to participants who register after July 31st.*

6. When will I receive my t-shirt?

Out of State participants will have their t-shirt mailed to them prior to Race Day. Members can pick up their t-shirt during our "Pick-Up" event at Agapé Embassy Ministries on **Friday, September 9** between **5pm and 7:00pm**, or as soon as they are available.

7. Where can I Run/Walk?

You can run your virtual race wherever you would like! You can do the race inside or outside. You can travel to park or stay in your own neighborhood. Participants can run, jog, or walk on the road, on the trail, on the treadmill, at the gym, or on the track. The choice is yours!

8. How do I complete my 5K Run/Walk?

You get to Run/Walk your own race, at your own pace, and you time it yourself. Once you have registered for the race, decide on the course you want to do, or you can do it on the treadmill.

9. Do I have to complete the 5K all at one time?

Yes. You must complete the distance all at once. Remember, you can take as long as needed.

10. How do I track my distance and time my Run/Walk?

You can track your **distance** and **time** however you like. The most accurate way to do this is by using a Running GPS watch, but there are also several free smartphone apps

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available for iPhones and Android devices that you may be interested in such as: Nike, Garmin Connect, Runkeeper and others.

11. How do I submit my race results?

We operate on the "honor system" and ask that you share your results with us on one of our social media sites. You can take a screen shot of your running app miles or take a photo of your miles on the treadmill. Again, post on our Facebook page or Instagram a picture of your time of completion. You can also email us a message with the same information if posting pictures are not your thing at (WONC@AGAPEMBASSY.ORG OR CHECK-IN@AGAPEMBASSY.ORG. *Please note that you are not required to send in your results.*

12. Can I donate to support the WONC Virtual 5K Run/Walk without running/walking?

Yes. To “donate only”, click (link to site inserted her) and selecting “Support our Run/Walk” option.

13. Cancellation/Refunds

Unfortunately, no refunds are available for this event.