



## Can I do this anywhere?

Yes, for sure it's a Virtual Run. That means as long as you stay within the governments COVID-19 guidelines you can clock up your km's in your neighbourhood, in wide open spaces, on the treadmill or a stepper in the privacy of your own home

## Do I have to run the entire 5kms?

Certainly not! As we say at our outdoor events, you can run, walk or skip, although skipping could become a challenge after a few hundred meters. Everyone is at a different level of fitness from beginner to elite athlete. This one is virtually all about being active and staying positive in these COVID-19 times and sipping on some great wines. Remember, you can do it at your pace and at your place!

## Do I have to do the 5km all at one time?

No way! As long as you can complete the distance within the set time period, you will be ok to get your goodies! This virtual event is all about helping you stay motivated, getting you moving and to help with your mental wellbeing. You can tackle the challenge a km at a time if you like?

## How can I prove....'I made it'!

Simply send a screen shot or a summary from your GPS watch, fitness app or Strava. If you are running on a treadmill or are on a stepper a screen shot is fine showing the time and distance. Make sure you stop the treadmill first ...of course!! Send us your proof by posting on the event FB page, email us [info@centauroutdoorevents.com.au](mailto:info@centauroutdoorevents.com.au) or the Myactive link

## When can I expect my medal?

Once we have seen proof you made it, we will posting out your goodies every Thursday .There could be some slight delays with the current situation, but hopefully not!

## What happens if I don't make the 5km within the time frame allocated?

Yes, especially now more than ever, we all understand circumstances can change quickly! But, we just want to get you moving and to start getting motivated today, as we just don't know what will happen tomorrow! Come on...you can do this!!

So what are you waiting for...let's get started!