



Hello All,

In response to growing concerns about the spread of Coronavirus COVID-19, Special Olympics Dubois County will have to shift Dubois County Special Olympics 10th annual 5K Run/Walk to a Virtual 5K. We apologize in advance for any inconvenience this may cause.

Our 5K event raises money to provide sports training and athletic competition in a variety of sports for children and adults with intellectual abilities in order to create continuing opportunities for them to develop physical fitness, demonstrate courage, experience the joy of achievement, to be included in community activity, to build skills and to make friendships.

#### **What Exactly is a Virtual 5K?**

- It is a new trend in the 5K community. Walkers/Runners simply choose their own starting line, anytime and anywhere you desire whether it's a treadmill or a neighborhood street.
- You will walk and/or run the 5K distance on the date and time you choose in the month of April after the Gov. Eric Holcomb's stay at home ordered has been lifted.
- We encourage you to upload a picture of yourself while you are completing your virtual 5K to our Facebook page. We want to cheer you on and see your smiling faces.
- You do not need to report to us your 5K time; unfortunately, there will be no medals given away at our virtual 5K event.

#### **Registration**

- If you already registered for the 5K, you do not need to register again as you are already counted as a participant in our Virtual 5K.
- If you have not registered yet and would now like to participate in this virtual 5K:
  1. Please call Stephani Lane at (812) 630-4292 to register
  2. Then go download registration form: <http://www.sildmarines.com/activities-2/activities/special-olympics-2/>
  3. Then mail in your \$20.00 registration form and fee to:  
Dubois County Special Olympics  
PO BOX 355  
Jasper, IN 47547-0355  
Attn: 5K Run/Walk Fundraiser

#### **T-shirts**

- Those whom already registered for the 5K, you will still receive your T-shirt. The date and time we will be distributing those will be announced at a later date after the Gov. Eric Holcomb's stay at home ordered has been lifted.
- Those whom are new registers for the virtual 5K; unfortunately, we are not able to provide a participant T-shirt for new registers.

#### **Virtual 5K Benefits**

- It may seem strange to traditional walkers/runners, but a virtual 5K is a great option for those who want convenience, safety and flexibility.
- With virtual 5K, you don't need to deal with traffic, parking, poor weather or unexpected schedule conflicts or injuries that might cause you to miss the race.

Thank you for your understanding of the Dubois County Special Olympics 10th annual 5K Run/Walk shift to Virtual 5K. Please call Stephani Lane at (812) 630-4292 for additional questions.

Sincerely,

Dubois County Special Olympics County Management Team