



Frequently Asked Questions – Virtual Race Week

What will a virtual Race Week look like?

Our version of a virtual race means that by registering, you're committing to run, walk, hike or cycle the amount to commit to in honor of all of those who have lost their lives to addiction. How you complete your race is up to you – treadmill, peloton, hiking trail.

Join us throughout the week of October 25th to 31st on our Facebook and Instagram pages.

Do I have to run?

No! This is *your* virtual race, and that means that you get to complete it wherever or however you want. You get to participate in the way and distance that feels right for you.

What distance am I expected to complete?

You get to participate in the way and distance that feels right for you. You have the option to walk, run, hike or bike any distance that feels right for you on sidewalks, paths, or even the treadmill.

Do we have to run at a certain time each day?

You are welcome to complete your distance ANY TIME – early morning, on your lunch break, after work – whatever time works best for you! You can also spread the distance you committed to across the days of Race Week or complete it all in one day.

Where do I run/walk/hike/cycle?

It's totally up to you - we just ask that you stay safe and practice social distancing!

What about the post-race ceremony?

Please join us for our closing ceremony on our Family Restored Facebook page on October 31st at 2:00 pm for a live stream closing ceremony.

What should I share?

- Share a selfie on Facebook or Instagram, tag @thefamilyrestored, or “check-in” at the Family Restored and use the hashtag #TFRmemorialrace.
- Email your selfies and race photos to brittney@thefamilyrestored.org for posting on our social media!