

3rd Annual Run the Rock 5K/10K & America's Kids Run Virtual Race

Presented by Rock Island Arsenal

What: Run the Rock/America's Kids Run Virtual Race

When: 22 April through 16 May, 2020

Where: You get to decide the location, and treadmills are also an option!

Why: The Rock Island Arsenal holds an annual race to honor and recognize service members on behalf of Armed Forces Day which is on the 16th of May. This year, due to the COVID19 outbreak, the race is being held virtually so that runners can participate from any location and remain safe.

Who: All ages are welcome to participate!

Cost: FREE!

Instructions:

Step 1: Decide which virtual race you would like to participate in.

Option A. 10K

Option B. 5K

Option C. 2 mile, 1 mile, ½ mile, or 100 yard (children 17 and under only)

Step 2: Select a course for the distance and how you will time your run (see video for instructions on various ways to map your run and record your finish time).

Step 3: Post a photo of yourself and/or your child (children are encouraged to wear their race shirts) and be sure to include your distance and your finish time to [www.Facebook.com/ArsenalRuntheRock/](https://www.facebook.com/ArsenalRuntheRock/) in order to be entered in to a drawing to win a gift card to a local business! Please create a new post and include **#RIAVirtualRuntheRock** for the 5K or 10K and **#RIAVirtualAmericasKidsRun** for the kids' races. If you do not wish to post a photo on Facebook, you may send it to us in a private message or email it to Brianne Johnson or Morgan Meseke.

*You will have until the 16th of May at midnight to post or send your photo.

*Only adults 18 years and older who run the 5K or 10K will be entered into the drawing. The drawing will be held Live on Facebook on the 18th of May at 1:00 p.m.

*All children 17 and under will receive a free participant t-shirt and medal, as long as they email their mailing address to School Age/Youth Center Director Joe West at joseph.g.west3.naf@mail.mil by midnight on 16 May.

For additional information or questions contact Brianne Johnson at Brianne.r.johnson2.naf@mail.mil or Morgan Meseke at morgan.d.meseke.naf@mail.mil.