

Memorial Day Virtual 5K - Benefiting the Semper Fi Fund

What is the Semper Fi Fund?

Semper Fi Fund provides immediate financial assistance and lifetime support to combat wounded, critically ill and catastrophically injured members **of ALL branches of the U.S. Armed Forces and their families.** They deliver the resources needed during recovery and transition back to their communities, working to ensure no one is left behind. <https://semperfifund.org/>

How do I run the virtual Memorial Day 5K?

After registering online, you simply choose your own starting line and time. You can run/walk your 5K on a treadmill or a neighborhood street.

Our virtual run is staged completely on the honor system. By registering, we assume you will complete the mileage required. We will send you an official race t-shirt and finisher medal with a custom ribbon from the event.

- 1) Registration is \$35 for the Virtual race. International athletes are charged an extra \$7.50 to cover the cost of international shipping.
- 2) You will be mailed your t-shirt and medal shortly after the on-site race.
- 3) For the purposes of the 5K Virtual Run, you can run a 5K or split it up over a few days.
- 4) Please share your results, experience and photos on our Florida Strider Facebook page. **Your results will NOT be recorded as official results, nor will you be eligible for age group awards or rankings or any other promotion(s) offered for race day runners. It is not necessary to send us emails to report results, but you are certainly welcome to share your comments on our Facebook page.**
- 5) If we have t-shirts and medals left over after distribution to finishers on-site at our race, we will be able to ship virtual run participants their t-shirt and medal within a week or so after the event.

6) However, if we run out of medals, we will need to order new ones and it could take 5-6 weeks, as they will be manufactured overseas to our specific order.

7) T-Shirts and Medals will be sent to virtual runners in the order of registration. This means some of you may receive medals within 2 weeks of our race, while others may receive them in 5-6 weeks.