



**Timing/Schedule:** This run will take place within a one-month period, June 7th - July 7th.

**Format:** This activity can be done individually by each participant or done in small groups. It's up to each chapter to organize accordingly based on local COVID-19 guidelines.

**Participants:** Anyone can participate and there is no limit to how many participants each chapter can have. However, each participant must run/walk at least 5 miles in order for those miles to be counted towards the chapter's total.

**Run Registration:** Registration for the event is through [runsignup.com](https://runsignup.com). [Go to the POWER Chapter website and follow the link register for the event](#). The POWER Chapter team is already set up; be sure to choose POWER Chapter when signing up.

**Record keeping:** Participants from each chapter must log their miles into the website in order for those miles to be counted towards their team. The website will not require proof of the run/walk; everyone is working on the "honor system."

**Fundraising:** Participants who sign up for the run can share a link and invite their friends and family to support them through a donation. There is also a registration fee of \$15 to join the run.