



## **RULES & REGULATIONS**

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In this time of physical distancing, it is important for both physical and mental wellness to promote fitness and self-care. To help, we encourage everyone to join Family and MWR in our Virtual 5K.

The virtual NO ROAMIN' RUN event begins Sunday, 26 April through midnight of Saturday, 2 May. Participants must send proof of completion in order to receive the Virtual Medal. Social distancing guidelines must be followed at all times.

Participation in the No Roamin' Virtual 5k Run constitutes full and unconditional agreement and acceptance of these contest rules and verifies that you are physically able to complete the event.

By submitting an entry you agree to have your name and photo posted on our Facebook page. We reserve the right to remove any post that does not follow the guidelines posted on our Facebook page.

By entering, you agree to follow the Official Rules and hold harmless and indemnify USAG Benelux Family and MWR and the United States Army. No graphic, obscene, explicit or racially degrading names will be accepted.

This contest is no way sponsored, endorsed, administered by or associated with Facebook. No Federal Endorsement Implied.

Who can participate: This contest is open to all U.S. Military and NATO personnel, DOD civilians, and their Family Members.



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# NO ROAMIN' VIRTUAL 5K

## QUESTIONS & ANSWERS

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### What is a "Virtual" 5K?

It's a run or walk that you perform at your own pace, during the designated timeframe, and share your results with the coordinators.

### How far do we run/walk?

We are asking you to complete a full 5km (3.1 miles) walk or run. You can do this on a treadmill at home or outside in the beautiful weather. If you do venture outside, remember strict adherence to local social distancing protocols. Failure to adhere to these rules could result in fines.

### How do I show I've finished?

Easy. Take a digital picture of your treadmill console or a screenshot of your fitness/running app and email it to **BeneluxV5K2020@gmail.com** with the subject: No Roamin' V5K by midnight on Saturday, 2 May. We ask that you submit photos of your running costume to the USAG Benelux Family and MWR Facebook in the comments section of the No Roamin' V5K teaser.

### What's in it for me (other than fitness, of course)?

After the deadline, organizers will compile the names of the finishers and will send you a virtual medal that you can post on your social media and share what you've been up to during the lockdown! Note: When you email your proof of completion, please include your name and finish time. This will be kept for our own records and will not be shared with anyone.

Remember, the goal is the distance, not the time. This is not a race! If you have further questions, please email to **BeneluxV5K2020@gmail.com**  
Thank you, stay safe, and wash your hands!



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