



## RULES & REGULATIONS

Thank you for choosing to join us in celebrating the Turkey Trot! In this time of physical/social distancing, it is important for both physical and mental wellness to promote fitness and self-care.

The Virtual Turkey Trot 3/5K Walk/Run begins on Thursday, 19 November through midnight on Sunday, 22 November. Registration is from Friday, Nov. 13th - Wednesday, Nov. 18th.

Participation in the Turkey Trot constitutes full and unconditional agreement and acceptance of these rules and verifies that the participant is physically able to complete the event. By submitting an entry you agree to have your name and photo posted on the USAG Benelux Family and MWR 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. This event is no way sponsored, endorsed, administered by or associated with Facebook. No Federal endorsement implied.

This activity is open to all U.S. Military and NATO personnel, DOD civilians, and Family Members.

## QUESTIONS & ANSWERS

### **What is a Virtual 3/5K?**

It's a run or walk that you perform at your own pace, indoors or outdoors, during the designated timeframe of Thursday, 19 November, through midnight on Sunday, 22 November.

### **How do I Show I'm Participating/Finished?**

Share your pictures of you during or completing your walk/run in the beautiful fall weather (or indoors!) in the comments of the photo drop post on the USAG Benelux Family and MWR Facebook page.

### **What's in it For Me?**

All registered participants are eligible to win a turkey prize. Winners will be randomly selected and announced via the USAG Benelux Family and MWR Facebook page on Monday, Nov. 23.

**Thank you, stay safe, follow Host Nation rules, and have fun!**



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