

Runner's Manual



July 2021

Revised 06/2021 CRA/CC

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General Information

Event date	July 25, 2021 – August 15, 2021
Location	Puerto Rico & Continental USA
Type of event	Virtual 5K Race
Fees	Early Bird Special; Save \$2 using coupon codes PRRU5K or PRRURUN. \$18.00 Regular Fee \$20 Late Fee (07/25-08/14)
Registration	www.runsignup.com
Age groups	18 +
Merchandise	link
Donations	link

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Sign Up

Registration fees are non-refundable and include a separate processing fee.

1. Log in to www.runsignup.com
2. Search the race under the name [PRRU: Virtual 5K Fun Run/Walk](#)
3. Fill out the required runner information.
4. Select any merchandise to support our cause and/or donate.
5. Pay for the registration fees and any other additional contribution selected.
6. You'll receive a digital bib number once the registration process is complete.
7. Share with you family and friends!

*For more information regarding the sign up process visit the following [link](#) or send us an email at contact@puertoricoriseup.org.

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Race Guidelines

- The race will begin on July 25, 2021, at 12 am and end on August 15, 2021, at 12 am.
- Once the participant completes the race (5K/3.1 miles), the results can be submitted directly via the RunSignUp Race Page, via text message or by email. **First you will need to opt-in to TXT results, which you can do either during or after registration.* For more information please visit, [Results Tutorial](#), or contact us at contact[@puertoricoriseup.org](mailto:info@puertoricoriseup.org).
- Have fun and take pictures! (ex. at the starting point, halfway, and at the finish spot). We really want to see and celebrate with our participants. Share your photos and connect with fellow participants too!

- Tag us on [Facebook](#) & [Instagram](#) and use the hashtags #PRRU5K #PRRU
- Share your photo on the [Race Page](#)

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Sponsorship Opportunities

We couldn't do the work we do for the people of Puerto Rico without the help of generous sponsors. We invite you to join the PRRU family as one of our sponsors.

In appreciation of your generosity, we'd like to offer you the opportunity to promote or raise your profile with our more than 6,000 followers from Puerto Rico and the continental USA, as detailed below.

Tier	Contribution	Perks
Sprint	\$300	Main Sponsor Social Media recognition Sponsor watermark on RaceDay photos Logo in bib, certificates and staff T-shirts Newsletter feature Website recognition for 12 months
Run	\$150	Social Media Recognition Sponsor watermark on RaceDay photos Logo in bib and certificate Newsletter feature
Jog	\$75	Social Media Recognition

You may register as a sponsor online [Sponsor Invitation](#) or email us at contact@puertoricoriseup.org

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Frequently Asked Questions

1. What is a virtual race?

A virtual race is a race that can be run (or walked) from any location you choose. You can run, jog, or walk on the road, on the trail, on the treadmill, at the gym, or on the track (or even at another race). You get to run your own race, at your own pace, and time it yourself.

Please make sure to follow all the COVID-19 Executive Order guidelines issued in your area.

2. How do I sign up?

Access our Race Page [here](#) and follow the instructions. Additional information may be found [here](#).

3. What will I receive if I enter the race?

Feel the accomplishment of running the distance at a location of your choice for a great cause! You'll also receive a finisher certificate once you submit your results.

4. When can I complete the race?

Once you register, you will need to finish the distance within the completion timeframe designated from July 25th, 2021 - August 15, 2021. Participants in the virtual 5K are required to complete the 3.1 mile distance during the race time period and submit the results before August 20 to receive a finisher's certificate.

5. Where can I run the virtual 5k?

Anywhere! You can run or walk the virtual 5K anywhere you would like between July 25-August 15.

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6. How do I track my run/walk?

You may use the application or timer of your preference.

7. How will I submit my finish time/results?

Results are self-reported directly through the RunSignUp Race page (under the Results tab), via text or email.

You may submit your results as soon as you complete the race within the designated race window. You will have until August 20th, 2021 to submit your results.

8. I bought a t-shirt, when will I receive it?

Orders will be accepted until July 10, 2021. All orders are then processed and shipped. Domestic orders arrive between 7 and 14 business days.

Questions?

Please email us your questions to contact@puertoricoriseup.org

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