



## Welcome to #HealthyKidsVirtual

Healthy Kids Virtual is an adaptation of the usual HKRS Race Day experience! HKRS believes in leading an active healthy lifestyle. During the time of social distancing, it is important that parents encourage children to stay active!

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 grass, on the sidewalk, on the trail, on the treadmill or on the track. Your child will run their age appropriate race distance, at their own pace, and Mom and Dad record the time! Parents then upload the time after each race into the Series specific results sheet found on our Results Page. Families can also choose their own start and finish line, or if available, use an existing one provided by HKRS! Don't forget to run the Parent Mile on Week 5 Mom and Dad!

Share your running photos with our virtual community! Find us on Facebook [@HealthyKidsRunning](#) or Instagram [@healthykidsrs](#) using hashtags #GetUpandGo #HealthyKidsVirtual

# #HealthyKidsVirtual FAQ

## **How do we measure the distance my child needs to run?**

We have put together some ideas for you here! Check out [this document](#) for ideas on how to measure appropriate distances for your child. If you have any more creative ideas be sure to share on the Series Facebook page for all families to use!

## **What if I don't have the ability to measure my distances?**

If you're having trouble measuring distances or do not have the ability to, then you can always have your child run for a specific amount of time depending on their race distance. Here's what we recommend:

50 yard dash (150 feet) - 12 seconds

75 yard dash (225 feet) - 16 seconds

¼ mile (1,320 feet) - 2 minutes 15 seconds

½ mile (2,640 feet) - 4 minutes

1 mile (5,280 feet) - 9 minutes (4th & 5th Grade)

1 mile (5,280 feet) - 8 minutes (6th - 8th Grade)

When recording your child's results using this method, you will place a Y or N on the results sheet next to your child's name to signify completion each week.

## **My 50-yard and 75-yard dash child usually does not get timed, do I have to time them for #HealthyKidsVirtual?**

The 50-yard and 75-yard dash will not be timed. When recording the results for your children in this age group, you will place a "Y" for YES or "N" for NO. If they complete the distance for the week you will place a "Y" in the column and if you were unable to complete the distance then place a "N" in the column

## **Does my child have to run at the same location each week? The same day & time each week?**

Participants do not have to run at the same time and place each week. However, participants do need to run the same distance every week. For example, a 2 year old needs to run the 50 yard dash every week but can choose to do so at a different time, location, and day each week.

### **How will we be recording results?**

Parents are not required but encouraged to record their child's race time/participation weekly in the Virtual Series Results Google Sheet for the Series they are registered for. You can also download a free timesheet [here](#) to print at home for tracking race times/participation.

### **How many days do I have to enter race "results" each week?**

Similar to the in-person Series, the race dates are the start of each race week. For example, if the Week 1 published race date is 4/19 then the participant can run on any day from 4/19 through 4/25. Then, they can record results with HKRS and it will count for Week 1 participation.

### **How do you win a virtual race?**

Our mission is to engage communities and families by providing an inclusive youth running experience, inspiring kids to believe in themselves and lead an active healthy lifestyle. Instead of recognizing winners based on best times, we are encouraging kids to stay active and healthy during these unusual times. The format of the virtual programming allows each child to focus on improvement. Each week they can focus on setting a personal record and pushing themselves a little farther. Winning is as simple as being active and healthy, boosting self-esteem, and celebrating self-improvement!

### **What do I get with my registration fee?**

Healthy Kids Running Series wants to provide as much as we can with our virtual race! At the end of the Series, each participant will receive a medal and participant tech t-shirt.

### **I do not live locally, can I still register for the virtual Series?**

You can still sign up for the Virtual Series! However, please be aware that you will have to travel to the town of the closest Series to receive your t-shirt and medal at the post-Series Shirt and Medal Pick Up event. Reach out to the Community Coordinator if you have any specific questions regarding racing virtually in another town.

**Am I allowed to join a Virtual Series after the first week?**

Yes, you are allowed to register until the last week of the Virtual Series. Please be aware that the price will remain the same throughout the entirety of the program. It is best to register as soon as possible so a HKRS run can be on your quarantine schedule for 5 weeks! To sign up, search for your local Series [here](#).

**If we have something to do, can we run two weeks in one? Are makeup races allowed (if any weeks are missed)?**

Healthy Kids Running Series encourages participants to run one race distance a week! This is built as a 5-week running program to introduce kids to running. HKRS feels as though a single race a week is best for children and to help build gradual progress towards a healthier lifestyle. We also hope this is something your child can look forward to weekly. That said, if your child wants to keep running - keep encouraging them!

**Can we do a single race?**

You cannot sign up for a single day race in the HKRS Virtual Race day experience. However, you can still sign up for all 5 weeks! Join the fun and add an activity to your children's quarantine schedule!

**Will my child be receiving a trophy?**

Healthy Kids Running Series is not giving out trophies for the Spring 2020 season. We believe that since the circumstances for the Spring 2020 Series are different from the rest that trophies should not be given out. We highly encourage participation in the Virtual Series and will reward everyone with a finisher's medal and youth tech shirt

**When will I receive my t-shirt and medal?**

The Community Coordinator will organize and host a Post-Series Shirt and Medal Pick Up event. The Community Coordinator will be working closely with the HKRS National Office to decide when it is safe for programs to hold a Shirt and Medal Pick Up event. The safety and health of our participants and families is paramount and the National Office will make an educated decision based off of recommendations from the CDC and other public officials.

**Do I need to provide proof of my child running (i.e. photos, timing device screenshot)?**

Parents do not need to provide proof of their child running. HKRS trusts families to be honest when recording race times/participation. However, HKRS highly

encourages sending photos or videos to be shared with the Series Community Coordinator to be posted to the Series Facebook Page! Use #HealthyKidsVirtual

### **When can I pick up the medal and t-shirt?**

Your Series Community Coordinator will be working closely with the National Office to determine when it is best for participants and families to come out and pick up medals and t-shirts. The National Office will announce the decision to allow in-person events. Once the decision is made, the Community Coordinator will communicate Shirt and Medal Pick Up event details to Series participants.

### **Will HKRS be virtual in the Fall 2020?**

It's our intention and hope that life returns to normal this fall and racing can resume in-person, however this decision is to be determined. We are looking forward to getting kids outside, running and leading an active healthy lifestyle. We hope COVID-19 does not impact our ability to race together in Fall 2020 because the National Office, Community Coordinators and families are excited to get back outside!

### **Where do I find updates regarding the Series?**

Series updates will be communicated by your local Community Coordinator. Families should keep an eye out for emails and postings to the Series Facebook Page. The Community Coordinator will still be facilitating the virtual race and will be your point of contact throughout the Spring 2020 Virtual Series.

### **What if we don't want to participate virtually?**

If you wish to not participate virtually, you have the option of deferring your child's registration to Fall 2020. You must fill out the [Registration Deferral Form - Spring 2020](#). You must complete the form 7 days before the start of the first race.

### **I have additional questions. How can I learn more about the virtual Series?**

To contact the Series Community Coordinator, go to <https://healthykidsrunningseries.org/find-a-race/> and search for your program. You can scroll to the bottom of the page and find the Community Coordinator's contact information. The local Community Coordinator will help you with any further questions!