

Healthy Kids Running Series Virtual World Race FAQ

What is HKRS Virtual World Race?

The Virtual World Race is an adaptation of the Healthy Kids Running Series Race Day experience. The Virtual World race can be completed in the safety and comfort of your own back yard from any city, state, or even country! By joining the Virtual World Race, you and your child(ren) will have the opportunity to live our mission where a local program may not be available.

How does it work?

Once a week for 5 consecutive weeks your child will run their age appropriate distance at their own pace. Parents/guardians will track and record the results! Following the child's completion of running their distance each week, parents/guardians will upload their child's time to the [Virtual World Race Results Sheet](#). You may find this results sheet at <https://healthykidsrunningseries.org/> under the 'Find a Race' tab then under the 'Virtual World Race' tab.

What do I get with my registration fee?

Healthy Kids Running Series Virtual World Race wants to recognize the participant's hard work! Each participant will receive our "I Am a Healthy Kid!" Interactive Program Guide with activities, a HKRS t-shirt, medal, and virtual completion certificate.

How can we connect with other virtual participants and families?

Be sure to share your race day smiles with us by posting to the [Virtual World Race Series Facebook Page](#), or emailing us at worldrace@healthykidsrunningseries.org. HKRS will also be adding you to the Virtual World Race Private Facebook Group so you may connect and communicate with families across the globe! Be sure to use the hashtag #HKRSWorldRace and #HealthyKidsVirtual when posting to social media! Also, follow us on Instagram [@hkrsvirtualworldrace](#) and [@healthykidsrs](#).

Who can participate?

The Virtual World Race offers programming to families across the globe. It gives the opportunity for all national and international communities to participate! All children ages two to eighteen are invited to compete in the Virtual World Race. Families can register at <https://runsignup.com/Race/PA/Thornton/HKRSWorldVirtual>.

Where does my child run their Virtual World Race distance?

The Virtual World Race can be run (or walked) from any location you choose! That may be in your neighborhood, on a trail, or at a local park! You can run, jog, walk, on the grass, on the treadmill, or anywhere of your choosing. Families, you determine your start and finish line locations! The opportunities are endless.

How do I determine which distance my child needs to run?

The participant's distance is determined by their age. Below are the different divisions that Healthy Kids Running Series Virtual World Race offers.

Pre-k $\frac{2}{3}$ Year Olds - 50 Yard Dash
Pre-k $\frac{3}{4}$ Year Olds - 75 Yard Dash
Kindergarten & 1st Grade - $\frac{1}{4}$ Mile
2nd & 3rd Grade - $\frac{1}{2}$ Mile
4th & 5th Grade - 1 Mile
6th - 8th Grade - 1 Mile
High School - 2 Miles

How do I measure the distance my child needs to run?

There are many options when it comes to measuring the distance your child needs to run for the Series! Check out our How to Map Distances at Home Guide, [HERE!](#)

If you have access to a cell phone, there is a great app called *RunKeeper*. This app measures the distance your child runs and their time. Feel free to try other apps that you currently use and enjoy as well. If you have one that you like, be sure to share on the [HKRS Virtual World Race Facebook Page](#) so other families can give it a go!

You may also plan ahead by using Google Maps to measure your child's distance. [HERE](#) is a tutorial video on how to do so!

If you have a measuring wheel or tape measurer (for 50 and 75 yard dash) you can use that to measure out the distances. You can find our printable HKRS Mapping Conversions cheat sheet [HERE!](#) The mapping conversions are also listed below for your reference.

50 yards = 150 feet
75 yards = 225 feet
 $\frac{1}{4}$ mile = 1,320 feet
 $\frac{1}{2}$ mile = 2,640 feet
1 mile = 5,280 feet
2 miles = 10,560 feet

Get creative! In a time like this, we are looking to get kids active and moving. Whichever way you can best figure out the distance, go for it!

Does my child have to run on the same day, time and at the same location each week?

Participants do not have to run on the same day, time nor location each week. Families have the opportunity to determine what day and time works best for them as well as their own start and finish line location. Feel free to challenge yourself and switch it up!

However, participants will need to run the same distance each week. This distance is determined by the child's grade or age. For a Pre-K example, a 2 year old needs to run the 50-yard dash each week, and a 4 year old needs to run the 75-yard dash each week (Refer to 'How do I determine which distance my child needs to run?' above for more information).

How do I record my child's results with the Virtual World Race?

Parents are encouraged to keep track of their child's time and then input it on the [Virtual World Race Results Sheet](#). Your child's last name and first initial will be pre populated on the Sheet and listed under the age appropriate distance they were registered for - go to the appropriate cell each week to enter the time!

In addition to logging your child's results each week for the Virtual World Race Series, feel free to print your own [Weekly Running Record Sheet](#) to keep track right at home! You can keep this on the fridge, on a bulletin board, in your room, or wherever you like! You may also find this sheet located on the HKRS website under the 'Race Day' tab, then scroll down and select 'Record Sheet'.

Where do I upload their "results"?

HKRS will be providing a public link to the Virtual World Race Series Results Sheet, you may find that link [HERE](#). You will also be able to find the Series results sheet at www.healthykidsrunningseries.org under the 'Find a Race' tab, then under the 'Results' tab. Please select the Virtual World Race Results Sheet.

Where do I find updates regarding the Series?

Updates will be communicated through emails leading up to the Series as well as weekly emails during the Series. Updates will also be posted to the [Virtual World Race Series Facebook Page](#). The National Office will be facilitating the Virtual World Race and will be the point of contact for the Virtual World Race Series. You may contact the Virtual World Race at worldrace@healthykidsrunningseries.org.

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 results, we are encouraging kids to stay active and healthy especially during these challenging times. The format of the virtual programming allows each child to target personal improvement. This will help them to focus on setting a personal record and pushing themselves to beat that goal each week. Winning is as simple as getting kids active and healthy, boosting their self confidence, and celebrating self-improvement!

When will I receive my child's t-shirt and medal?

The HKRS National Office will be shipping shirts and medals directly to each participant which are planned to arrive prior to the conclusion of the season. Shipping and handling timeframe may vary depending on time of registration and location.

Will my child be receiving a trophy?

Healthy Kids Running Series is not giving out trophies for the Virtual Series. HKRS wants to make sure that the virtual programming is fair, and it is understood that not everyone will be running on the same path or terrain; each distance will be run on a different course in communities around the world. We highly encourage participation and self improvement at HKRS.

Are mail-in registrations accepted and processed?

Yes! HKRS will still be accepting and processing mail in registrations! You can send the registration form to:

Healthy Kids Running Series
383 Brinton Lake Road, STE 1
Thornton, PA 19373

Am I allowed to join the Virtual World Race Series after the first week?

Yes, you are allowed to register up until the third week of the 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 to get the most out of HKRS' programming. It will also be great to add to your social distancing schedule for 5 full weeks!

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 per week! This is built as a 5 week running program to introduce kids to running and living an active healthy life. Our hope is that over the course of seven days each participant can find time to run their race. This is something the kids look forward to each week!

Can we register for a single race?

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

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

Parents/guardians do not need to provide proof of their child running in the Series. HKRS trusts families to be honest when recording their times. However, HKRS highly encourages sending photos or videos to be shared with the Virtual World Race community and to be posted to the Series' [Facebook Page!](#)

Share your photos and videos with us! You can email them to worldrace@healthykidsrunningseries.org. Also, follow us on Instagram *@healthykidsrs* and *@hkrsvirtualworldrace* and be sure to use the hashtags #HKRSWorldRace, #HealthyKidsVirtual, and #GetUpandGo when posting to social media!

How can I engage with other families participating in the Virtual World Race?

Once you are registered in the Virtual World Race, you will be invited to the Virtual World Race Closed Facebook Group. Once you have accepted the invitation, you will be able to communicate, share photos/videos, and engage with other families internationally. The HKRS community would love to see your race day smiles, be sure to share with us any photos or videos while participating in the World Race Series! Use the hashtags #HKRSWorldRace, #HealthyKidsVirtual and #GetUpandGo when posting to social media! You can follow us on Instagram *@hkrsvirtualworldrace!*

If I have additional questions or want to learn more about the Virtual World Race Series, what can I do?

To contact the Virtual World Race, please email worldrace@healthykidsrunningseries.org or message us on the [HKRS World Race Facebook Page](#). In addition, visit our website at <https://healthykidsrunningseries.org/virtual-world-race/>.