

Due to COVID-19, The St. Agnes 5K Run Walk for Life 2020 has decided to transition to a virtual event – we hope you will join us!

We do ask that you please do this solo (or with your household only) to follow physical distancing requirements. However, we hope this will unite us all through this unique and challenging time. We cannot cancel wellness & fitness! Running and walking knows no bounds and all proceeds support the pro-life causes while encouraging healthy living. (Body and Soul).!

As far as how this whole Virtual Race works, see our FAQ below. Also, please share with family and friends! This is something we can ALL do “together”!

Q: What is the process to register and participate?

A: See the steps below on how to register, participate and share your results:

1. Register for the St. Agnes 5K Run/Walk for Life Virtual Race on Runsignup - www.runsignup.com/stagnes5k.
2. Start Training
3. Download [Strava](#) or [Map My Run](#) to track your run/walk if you don't have a watch (if you want to)
4. Run, walk, or run/walk on Race Week
5. Record your run/walk using Strava, Map my Run, Garmin or another App.
6. Practice Physical Distancing PLEASE!
7. Submit Results (see below)

Q: Do I need to download Strava or Map My Run?

A: Only if you want to submit a time. If you have a Garmin, FitBit or Apple watch to track your run you can use that. Otherwise, we suggest downloading Strava or Map My Run as an easy way to track your distance and time.

Q: When do I submit my results on Race Weekend?

A: You can post your results from **Saturday at 6:00 a.m.** to **Sunday at 7:00pm EST** race weekend.

Q: How do I submit my results on Race Weekend?

If you enable the text/email option during registration, you can send a text to **49514** in format “**STAGNES BIB TIME**” to post your results. BIB will be replaced by your unique 3 digit bib number emailed to you the week leading up to the race. When specifying a time, you can use the hh:mm:ss, mm:ss, hh:mm:ss.mmm or mm:ss.mmm formats. For example, all of the following are valid ways to specify that bib 123 finished in 24 minutes and 45 seconds:

STAGNES 123 00:24:45

STAGNES 123 24:45

STAGNES 123 00:24:45:000

STAGNES 123 24:45:000

If you signed up for text alerts you do not need to remember this. You will receive a text on the Saturday morning of race week. The text will give you exact instructions on how to report your times.

Q: When and where can I see the results?

A: All results that come in through text/email will be fully integrated into RunSignUp's Results Platform at <https://runsignup.com/stagnes5k> – allowing for auto-calculation of things like pace, age, as well as personal finisher pages and finisher certificates. If you do not enable the text/email option

please email your results to webmaster@gcrunner.org with your NAME, or BIB# and TIME in the subject line.

Results will be compiled and available by **7pm on Sunday** of race weekend at the latest. Results will include a leaderboard and age group divisions.

Q: What if I don't want to enable the text/email option?

If you don't want to receive a text message or email with instructions then you will need to get your results in a different way, such as submitting through your profile page, submit your virtual results at the results leaderboard page, or by emailing your results to webmaster@gcrunner.org with your NAME or BIB# and TIME in the subject line.

Q: What time will you text me on Race Day if I enable the text option?

A: You will receive an initial race day text at **7:30 a.m Saturday**, and a second text at **8:05 a.m.** explaining how to post your results. Note that we automatically adjust the send time to your time zone. So, even though the virtual race is set up on the east coast you will receive the texts at 7:30am CST, MST or PST depending on where you live, not 4:30am!

Q: What if I don't want to post my time?

A: You can simply text back "done" and you will be listed as a finisher, but without a time. If you don't want to appear on the results at all, simply do not submit anything. This also means you will not be eligible for age group prizes.

Q: What will I get for finishing?

A: You will receive a and a "Virtual Finisher's Certificate" as well as a commemorative t-shirt.

Q: How will I get my t-shirt?

A: We will announce when you can pick up your shirt at St. Agnes Catholic Church - 7775 Vanderbilt Beach Rd Naples, FL 34120.

Q: What if I don't want a t-shirt?

A: There is an option to select "none" for a shirt size when you register.

Q: I still have questions that I don't see here. Who should I contact?

A: Please email your questions to webmaster@gcrunner.org.

Current Race Page: www.runsignup.com/stagnes5k