



Virtual Timed 5K & Cumulative Challenge

October 1 – November 1, 2026

YOU'RE REGISTERED. NOW LET'S GET MOVING!

Download the RunGo app and create a new account or log into your existing account. From October 1 through November 1, choose the Timed 5K, Cumulative Challenge, or complete them both. For the ultimate experience, we encourage everyone to complete the official audio-guided 5K route in Virtual mode where you will hear messages of support at half-mile intervals.

- **TIMED 5K:** Perfect for those who want to test their limits by completing 3.1 miles in one session, submitting their time and seeing their name on the leaderboard.
- **CUMULATIVE CHALLENGE:** An alternative way to participate which allows you to log your miles at your own pace and stay active all month long.

Pick Your Challenge

TIMED 5K

- Access 5K route through link provided in pre-event email
- Run one 5K (3.1 miles) anywhere.
- Submit your result through RunGo.
- Your fastest submitted time counts.
- Eligible for the competitive leaderboard and time-based prizes.

CUMULATIVE CHALLENGE

- Create or sign in to your free RunGo account and tap Join Challenge before your first activity.
- Only RunGo activities recorded after you join will count and can't be added retroactively.
- Not ranked on the competitive leaderboard.
- Earn two special completion badges.

YES — YOU CAN DO BOTH!

Your Timed 5K can also count toward your cumulative total.

Your RunGo Checklist

Follow these steps when you are ready to participate.

1. **Download RunGo and create a free account:** RunGo is available for iPhone, Android, and Apple Watch. An account is required for the Cumulative Challenge and strongly recommended for everyone because it keeps your activities together, makes runs easier to access and export, and helps RunGo support you if needed.



2. **Choose Timed, Cumulative, or both:** For the Cumulative Challenge, open the challenge in the RunGo app or on the web and tap Join Challenge. Once joined, every activity you track with RunGo from October 1 through November 1 automatically contributes toward your cumulative 5K. A Timed 5K activity can count toward both options.
3. **Open the official audio-guided route:** Prior to October 1, you will receive a link to the official race route. Open the official route link on your phone and tap “Follow This Route” or “View in RunGo App” Complete it in Virtual mode to hear the messages of support from current New Jersey Devils players and RWJBarnabas Health patients and earn a special NJ Devils-shaped badge.
4. **Try a short practice activity:** Before your official attempt, choose Virtual Outdoor or Treadmill/Indoor mode, start the activity, move for at least 30 seconds, and end it. This lets you become familiar with the start, finish, and submission screens.
5. **Complete your activity safely:** You may use the official route or participate anywhere. The virtual route may include areas that are unavailable during the live event. Obey traffic laws, stay aware of your surroundings, and choose a safe route.

Record Your Participation

TIMED 5K

- Complete 3.1 miles in RunGo.
- At the end, tap the prompt to submit your time to Running with the Devils 2026.
- If the prompt does not appear, open Share Your Run → Submit to Race → Running with the Devils 2026.
- Validate the submission with the bib number shown in your RunSignup profile.
- You may submit multiple attempts; your fastest submitted time will be used on the leaderboard.

CUMULATIVE CHALLENGE

- Open the Cumulative Challenge in the RunGo app or on the web and tap “Join Challenge” before completing any activities.
- Track activities with RunGo between October 1 and November 1; they will be added automatically and no separate submission is needed.
- Reach a cumulative 5K in one activity or across several activities to earn the 5K badge.
- Complete the official audio-guided route in Virtual mode to earn the NJ Devils-shaped badge.
- *Only activities recorded after you join the Challenge will count, earlier activities cannot be added retroactively.*

Finish Strong

CHECK YOUR RESULTS

Visit rwjbh.org/runningwiththedevils for event updates and the Timed 5K leaderboard. Share your run, photo, or video and mention **@RWJBH**, **@NJDevils**, **#RWTD5K**, or **#RWTD26**.

More RunGo help: rungoapp.com/race-guide

Virtual Race FAQ

Everything you need to know before, during, and after your virtual event.

Getting Started

Can I do the Timed 5K and the Cumulative Challenge?

Yes. Join the Cumulative Challenge, then complete and submit the Timed 5K. That activity will also count toward your cumulative total.

How much does RunGo cost?

The RunGo app is free to download, and the official Running with the Devils route is available free through this event partnership.

Do I need a RunGo account?

A free account is required for the Cumulative Challenge so all your activities can sync toward one total. For a single Timed 5K, an account is not required, but we strongly recommend one: it makes your run easier to access, save, and export, and helps RunGo support you if anything goes wrong.

How do I find the official route?

Prior to October 1, you will receive a link to the official race route. Open the official race-route link on your phone and tap “Follow This Route” or “View in RunGo App.” The official route will appear on October 1.

Timed 5K

Do I have to run the official route?

No. You can complete your 5K anywhere, including on a treadmill. While following the official route is optional, we encourage everyone to experience our official audio-guided route in RunGo’s Virtual Mode. Along the way, you’ll hear inspiring stories from the RWJBarnabas Health community, messages of support from current New Jersey Devils players, and discover what makes the 2026 Running with the Devils 5K so special.

How do I complete the official audio-guided route?

The official route is set up as a Virtual-only route in RunGo. When you start it in Virtual Mode, choose Indoor or Outdoor. If selecting Indoor, RunGo uses your steps to move you through the route and play the audio messages. If selecting Outdoor, RunGo uses GPS to track your progress through the route.

What must I do to qualify for the leaderboard and prizes?

You must be registered, complete a 5K, and confirm submission of your result to Running with the Devils 2026 through the RunGo app. Simply recording the activity is not enough. You may enter more than once; your fastest submitted time will be used. Participants who only complete the Cumulative Challenge are not eligible for prizes and will not be listed on the leaderboard.

When will my 5K timed result appear on the RunSignup leaderboard?

Results submitted through the RunGo app are updated on the RunSignup leaderboard at least once daily. If your result doesn’t appear right away, please check again the next day.

Cumulative Challenge

How do I join the Cumulative Challenge?

Create or sign in to your free RunGo account, open the challenge in the app or on the web, and tap Join Challenge. Every activity you track with RunGo from October 1 through November 1 automatically contributes toward your cumulative 5K. You may reach 5K in one activity or across several activities.

What badges can I earn?

You will earn one badge when your cumulative activities reach 5K. You can earn a second, NJ Devils-shaped badge by completing the official audio-guided Running with the Devils route in Virtual mode.

Can Cumulative Challenge participants win prizes?

The Cumulative Challenge is not ranked, so cumulative totals are not eligible for time-based or age-category prizes. If you also submit the Timed 5K, that result is eligible for the competitive leaderboard and prizes. All virtual participants receive a participation medal, an exclusive virtual gift, and free admission to Turtle Back Zoo between November 2 and December 30, 2026.

Using RunGo

Can I listen to music while using RunGo?

Yes. RunGo briefly lowers your music volume for navigation and event messages, then returns it to the previous level.

ONE LAST TIP

Open the official route before you head out so it is ready to use. Then focus on getting moving, enjoying the experience, and making every mile count!