

# 2018 Virtual Friendship Run/Walk



## Frequently Asked Questions

### **What is a virtual race?**

A virtual race is a race that can be completed at any location. You can walk, use the treadmill, run outside or participate in another race. You can run your race at your pace wherever you like.

### **How does a virtual race work?**

A virtual race can be done at any venue that you wish. You can walk, jog, skip or run the distance of your choice. You can complete your race at the gym on a treadmill, a practice run in town, a stroll in the park, or another local racing event. BARC Developmental Services believes in the honor system so no proof is required for your race, but it would be awesome if you could upload pictures and tell us about your experience on our Facebook page. All race participants can print their race bib from our website (or we can email it to you) and will be mailed a finisher's medal. *Medals will ship 30 days after the completion of the event.*

### **Why should I do a virtual race?**

The short answer would be because they are cool. The more detailed top 3 reasons would include:

1. The chance to add a really cool medal (also known as "Bling") to your collection.
2. Complete control over your schedule. Complete the race on your own time. No travel expenses, no hassle with parking and no long lines waiting at the bathroom.
3. An opportunity to support a great cause. All proceeds (after production and shipping costs) raised by this event will directly benefit the men, women and children we serve in our early intervention, vocational and residential programs throughout Bucks County. Our early intervention program provides educational and therapeutic services for children with Intellectual Disabilities, Autism and Developmental Delays from birth through age of five in both "home-based" and "center-based settings". Our residential and vocational programs support our adult population and provide an array of living arrangements and employment opportunities within two production facilities and through the "Joint Opportunities for Business and Society" (J.O.B.S.) program.

**Who can participate?**

Everybody and anybody! There is no age limit and there are no restrictions. So run, jog, walk, crawl, run alone, run in a group, run with your pet, bike, hike, it doesn't matter. Just get out there and get moving!

**Do I have to complete the distance all at one time or can I break it up into different days?**

No you are not required to run your distance all at one time. Feel free to break it up into several runs if you need to.

**When and how do I register?**

Registration is open from now until April 30, 2018. You can register and run the entire duration of the event. Registration can be completed on our website [www.barcprograms.org/friendship-fun-run](http://www.barcprograms.org/friendship-fun-run). You can also print a registration form and mail it in with your payment. Please be mindful of the deadline for registration.

**When will I receive my BLING?**

All race bling will be mailed out within 30 days of completion of the event.

**I have a PO Box; can my participation medal be shipped there?**

No, we cannot ship participation medals to a PO Box. Please contact us to make other delivery arrangements or provide a physical street address.

**Can you ship internationally?**

Sorry, not at this time!

**What does the medal look like?**

A photo of the finisher medal will be posted on the website by March 1, 2018.

**Do the medals come with a ribbon?**

Yes! Every medal will come with a ribbon! Each ribbon measures 7/8" x 32" and is customized to match the distance that you register for.

**Is there a waiver?**

Yes, there is a waiver of liability. Your registration for this event means that you have read and agreed to the waiver. A copy is available for you electronically sign and send a copy to [melissab@barcprograms.net](mailto:melissab@barcprograms.net).

**Do I have to submit my time?**

Sure, if you want to! It is **not required** to submit your completion time in order to receive the participant medal. All participants will receive a medal. If you would like to submit your time (for accountability or just plain ol' fun) feel free to send us a screen shot or capture of your gps watch or favorite tracking app. If you are using a smartphone and would like to download the **Map My Run** app (*we do not receive any endorsements for using this app*) and add BARC Developmental Services as a friend, we will automatically see your results! You can submit your "finisher" photos to our facebook event page or email them to [melissab@barcprograms.net](mailto:melissab@barcprograms.net).

**Can I donate to BARC and not complete the race?**

Absolutely! If you are interested in supporting this event or sponsorship opportunities please contact Melissa Bradford at 215-794-0800 ext. 369 or email [melissab@barcprograms.net](mailto:melissab@barcprograms.net).

**Do I need to raise additional funds?**

No, but if you would like to by all means go ahead! There is a pledge form on the website.

**Is there a T-Shirt?**

No, but we would love to see if you make one! Be sure to snap a photo and upload it to our facebook event page or email it to [melissab@barcprograms.net](mailto:melissab@barcprograms.net).

**If I have any other questions, who do I contact?**

BARC Developmental Services Development Department at 215-794-0800 ext. 369 or email [melissab@barcprograms.net](mailto:melissab@barcprograms.net)

**Thank you for your participation!**