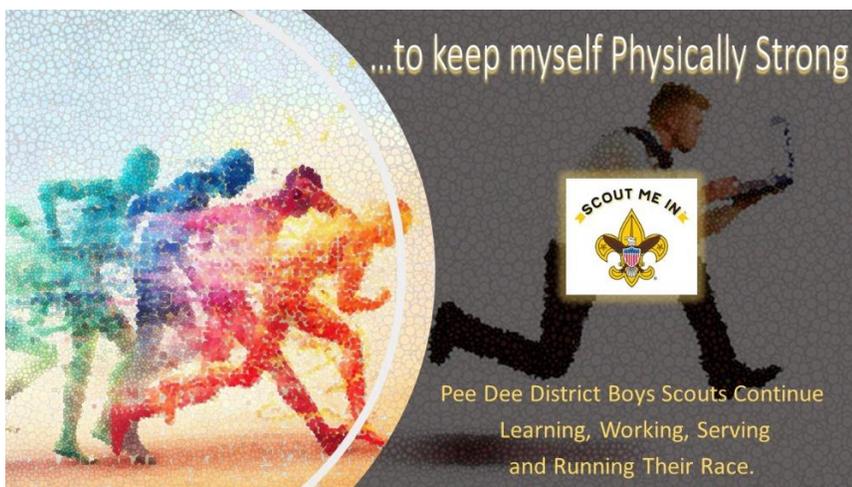


2020 Running For Our Youth Virtual 5K

CNCC Pee Dee District Boy Scouts (Anson & Richmond Counties)

Help support Scouting in your local community and have a little fun at the same time. As everything around us has seemed to come to a stop, Scouting has continued. There may not have been the traditional Troop meetings and camping trips, but Scouts are resourceful, and they have found a way. Throughout the Pee Dee District Troops have been meeting virtually, they have been participating in online merit badge classes and they continue to work at home on their Scout Skills and other advancement requirements. The Scouts of the Pee Dee District have also continued to serve their community: making calls and sending cards to seniors in the community, helping to address envelopes for their charter organizations to provide a handwritten personal touch to all of the mailings, they have continued to work on Eagle projects where possible, and some units have even been taking time to literally serve the community helping to prepare and serve as much as 200 take out meals to our community's First Responders and individuals in need every week. **Scouting has not stopped; Scouting continues and the need for your support continues.** These youth will continue to do all they are doing, but they are looking forward to getting back to camp and all the fun activities that Scouts do. There are canoes and kayaks waiting to row, and fish to be caught, targets to hit, and miles to be RUN. **Help support Scouting with your Virtual 5K registration, get ready to Run (or not), post a few pictures of your run on Social Media (#PEEDEERUNBSA or #PEEDEEVIRTUAL5K), and you will receive a T-shirt and race medal.** Registration will end May 30th.



FAQs

- **Why did we choose a 5K?**

Exercise, like running and walking can help boost our minds and bodies, keeping us “physically strong and mentally awake”. Plus, it can be Fun!

- **What is a virtual race, and how is it different from an in-person event?**

Well, I guess you could say it is a race without the early morning wake-up (unless you want to start early in the morning, that's up to you). There is no official starting line, no crowds, and no pressure. Virtual races are flexible, sign up and choose when, where, or even if (we hope you do) you run/walk.

- **If the event is virtual, then can't I run whenever?**

Absolutely.

- **Will I still receive a race shirt or medal?**

Yes, participants of this 5K will receive a specially designed race medal and t-shirt that will be mailed within two weeks of the close of the overall race registration.

- **Do I REALLY have to run?**

That is up to you. We highly encourage that you take the time to run or walk this 5K either at one time or in increments over a few days as it can be fun and is good for you both physically and mentally.

- **If I DO RUN, how will my time be recorded?**

Well, this race we are not necessarily keeping up with time as it is more to encourage you to be active and have fun. However, if you are one of those folks that likes to track your times and wants to share, please include your time along with a race picture on our Facebook page or other forms of social media including #PEEDEERUNBSA or #PEEDEEVIRTUAL5K and we will be sure to take note.

- **Where will I submit my results?**

The results of this race will be in the form of pictures that you submit on social media from your run or related to your run. We will recognize a few of the top photos on our Facebook page.

- **I have a child that would like to learn more about being a Scout. Who can I contact?**

- **I would like to learn more about helping with Scouting on some level. Who can I contact?**

The answer is the same for both of these questions. Melissa Ewing is the District Executive for the Pee Dee District (Richmond and Anson Counties) of the Central NC Council. You can email her at melissa.ewing@scouting.org or give her a call at (910)334-2050.