

HOW TO MAKE THE MOST OF YOUR VIRTUAL RACE



Just because we can't run together, doesn't mean we can't accomplish something great! You can hype up your own race with your loved ones! Here are some ways you can pull it off:



INTERACTIVE TRACKING

Your friends and family can keep everyone updated on your progress, record cheers and share comments with you using the Racejoy APP sponsored by Humana that is part of your race toolkit. They can send custom messages (audio or text) in real time when runners are active!



DIY START/FINISH LINE

Get family and friends involved in creating banners or signs for a strong start and finish.



WATER STATIONS

Make sure to hydrate as much as possible 24 hours before your virtual race. You can also wear a hydration pack during your race or stash "hidden" hydration stops along various parts of your proposed route the night before.



MOTIVATIONAL SIGNS

Have loved ones create signs and randomly place them along your route to help you push through or keep you motivated.



RUNNING PLAYLIST

Need the right mix to get you in the running zone? We've created a custom playlist sponsored by Commonwealth Credit Union that you can find on Spotify to help you complete the race!



CHALK ART

Instead of physical signs, simply use good ol' chalk for some artsy messages or images along your virtual route.



SHARE

Whatever you decide to do, be sure to take pictures and share it on social media and tag @KDFMarathon. We'd love to see how creative you can get!

Enjoy the virtual race and Live it Up!



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