



# Your Guide to the 2020 Virtual Alaska Run for Women

## WHAT IS THE VIRTUAL ALASKA RUN FOR WOMEN?

A 5-mile or 1-mile race that you can run or walk from any location you choose at any time during the event week of **June 20-27**. Your choice, your time, your race. Run in Alaska and invite family and friends from across the U.S. to register and join you!

- **Where can I run/walk?**

On a trail, a treadmill, a track or wherever you choose. Follow local and state mandates and distancing guidelines in place at the time of the event and follow all safety rules posted below.

- **Will the event be timed?**

The run/walk is untimed, and all levels of walkers, runners and joggers are welcome.

- **Can I do something other than running or walking?**

Our insurance requirements call for participants to run or walk only.

- **Do I have to complete the distance all at one time?**

This is your event. Set your own goal and go out and accomplish it. Complete the distance in one segment or break it up into multiple segments.

## HOW DO I PARTICIPATE IN THE VIRTUAL EVENT?

- Register or donate at [www.akrfw.org](http://www.akrfw.org) from May 18 - June 27. There is no set registration fee. The event relies solely on donations, and every dollar makes a difference!
- When you register you will receive a link to download the 2020 interactive race booklet, your race bib and back tags to wear in honor or memory of a loved one.
- Follow us on Facebook and Instagram, and watch for email updates before and during the event.
- Join us for a Facebook Live start line event on June 20, 2020.
- Share your race experience on social media by tagging your photos #akrfw1in8 and #akrfw2020.
- Join the social media challenges that will be announced daily on Facebook for a chance to win prizes.
- Join the Facebook Live finish line event on June 27, 2020 to celebrate your part in the fight against breast cancer.

## HOW DO I REGISTER OR DONATE?

- Visit [www.akrfw.org](http://www.akrfw.org) to register or donate.
- Register as an individual or join a team: Challenge friends, family, neighbors and co-workers to participate! (See team details below)
- Can't participate? Make a donation to the Run or in support of a team's fundraising effort.

## WHY SHOULD I REGISTER?

- Make a difference in the fight against breast cancer. Every dollar you donate goes directly to the fight. The Alaska Run for Women has granted more than \$4.9 million in the past 27 years to fund breast cancer programs and mammograms for underinsured women throughout Alaska.
- Show your support for those who have been touched by breast cancer and for the one in eight women who will be diagnosed with breast cancer in their lifetime.
- To have a great time! Share the experience with family and friends from across the U.S.
- **FOR A CHANCE TO WIN SOME GREAT PRIZES!**

1. Everybody who registers will be entered in a drawing to win one of these great prizes: One of two trips for 2 to Maui on Alaska Airlines with a 3-night stay at Ho'oiloo House or a one-year Gold Family Membership to The Alaska Club.
2. The first 350 women to register and donate a minimum of \$25 will receive a pink fardana (some people call them buffs) imprinted with the 2020 design featuring the masked bear. Additional buffs may be purchased from the online store.
3. Everybody who registers and donates a minimum of \$25 will be entered in a drawing to win a white spruce or paper birch tree. There are 100 trees, 2-3 feet in height and ready to plant.

## HOW DO I CREATE OR JOIN A TEAM?

- Team captains can create a team at [www.akrfw.org](http://www.akrfw.org) and invite family and friends to join.
- Once a team is created, all teammates must register individually and indicate the team name.
- Five or more women make a team - the more the merrier!
- Read "Helpful Team Tips" on the website Teams page.
- Awards will be given for: Most Money Raised and Largest Team

### **Can teammates run together?**

- All participants must follow local and state mandates (shelter-in-place orders, social distancing, face covering requirements, etc.)
- While you may not be able to run together physically, teams are encouraged to focus on fundraising and supporting each other while running their individual race or with your household only.
- You can still have fun and show your team spirit without running/walking together. Consider wearing team shirts or fun costumes. Share your team photos on social media and tag with #akrfw1in8

## RULES AND SAFETY

- Follow local and state mandates (shelter-in-place, social distancing, face coverings, etc.).
- Participate only if medically able and properly trained.
- Follow all pedestrian safety ordinances including running on a sidewalk, multi-use trail, or running track where available and not in the road. Follow the rules of the road if no sidewalk, trail or running track is available and against oncoming traffic and not with traffic.
- Agree to abide by any decision of race officials relative to any aspect of the virtual event.
- Do not use the usual Alaska Run for Women course as it is not pedestrian safe without our typical road closures and police escorts.

## CAN I ORDER ALASKA RUN FOR WOMEN MERCHANDISE?

- Official Run for Women merchandise is available to order online at [akrfw.org/merchandise](http://akrfw.org/merchandise).
- An Anchorage location will be announced for pickup of prepaid orders; out-of-Anchorage orders will be mailed.
- Every purchase helps support the fight against breast cancer.

## CAN I PURCHASE RAFFLE TICKETS?

The 2020 Alaska Run for Women Annual Raffle in Memory of Jay Wisthoff is canceled due to Covid-19 concerns. The raffle will be back in 2021.

## WILL THE VIRTUAL EVENT COUNT TOWARDS THE TRIPLE PATCH?

This will be addressed at a later time.