



# EVENT CHECKLIST

Help us make the most of this year's virtual event!  
Register at [www.donatelifefunrun.org](http://www.donatelifefunrun.org).

**WATCH OUR ONLINE EVENT KICKOFF PRESENTATION!**  
Tune in via Facebook or YouTube on Sat. Sept. 25 at 9 AM EST

**WALK OR RUN 1K, 5K, OR ANY OTHER DISTANCE!**  
(A little hint: 5K is 3.1 miles!)

**SUBMIT YOUR 5K WALK OR RUN TIME!**  
Track your time to complete the 5K and then submit via our website. Details at [www.donatelifefunrun.org/virtualeventdetails](http://www.donatelifefunrun.org/virtualeventdetails)

**SHARE ON SOCIAL MEDIA!**  
Share your photos/videos on Facebook, Twitter, or Instagram. Be sure to tag us @thellf and use #DonateLifeFunRun

**TELL US YOUR REASON FOR WALKING/RUNNING**  
Submit your reason at [www.donatelifefunrun.org/whyiwalk](http://www.donatelifefunrun.org/whyiwalk)

**SUBMIT FOR ONE (OR MORE) OF OUR SPIRIT AWARDS!**  
Learn more and submit at [www.donatelifefunrun.org/spiritawards](http://www.donatelifefunrun.org/spiritawards)

Best Race Outfit

Chalk Your Walk

Best Pet Photo

Team Spirit Award