

# 5K Your Way

This year, you're the boss. Whether you choose to do the full 5K or a shorter course, having a plan sets you up for success.

- **Use a free app like MapMyRun** to plot a course near you.
- **Loop a circuit.** Although repetitive, this is a good option if you want a reliable rest point to fill up on water or take a quick break. (Example: circling the block around your home.)
- **Treadmill or Elliptical.** This method allows you to 5K for brain tumor research from the comfort and safety of your own home.
- **Stick with brunch.** Honor the day your way. Maybe you opt for breakfast or brunch with your team or close family. Whatever you choose, keep watch on social media to follow the day's events!

# Stay Safe

Make sure that whatever method or course you choose is safe and allows you to follow social distancing guidelines.

- **Avoid crowded areas.** If you can, scope out your course prior to race day to see if it attracts a lot of people. Parks and lakes may not be your best bet, especially on a Sunday.
- **Avoid busy roads.** Make sure your course is runnable. Is there a sidewalk? Does the roadside have high visibility?
- **Run/walk with a friend or small group.** Social distancing doesn't mean you need to go it alone. The buddy system is always a safer bet – *just try to stay 6ft apart when possible.*
- **Don't overdo it.** Relax and go at your own pace. Set realistic expectations for the distance you are able to go.

## Participation



## Planner

# Share Your Story

We'll be posting updates and exciting content throughout the day of the event and hope you will like, comment, post and share with your family and friends.

- **Share your story.** Post your story on the MN Brain Tumor 5K Facebook or in the comments of any of our race day posts.
- **Post on Instagram.** Share photos from your day on Instagram using #MNBT5K. You can also search #MNBT5K to see other participants' posts.
- **Post your photos.** Post a photo of yourself in your custom team shirt if you have one. If you're a survivor, wear the survivor shirt you received in the mail! No special shirt? No worries. Simply post a photo of yourself or your team participating in the event on Facebook or Instagram.

# Keep Fundraising

Although the event is virtual, the goal remains the same: Raise as much as possible for brain tumor research. As always, 100% goes directly to the cause!

- **Share your fundraising profile.** Keep using the social sharing options on [mnbraintumor5k.com](http://mnbraintumor5k.com) to get the word out. Let your family, friends and co-workers know how easy it is to donate online.
- **Call, text, email.** Not everyone is on social media. If someone you know hasn't helped out, it could be that they didn't know about it. You'll be surprised at how many are willing to donate when you ask.

Find more fundraising tips online at

[www.mnbraintumor5k.com](http://www.mnbraintumor5k.com)