



ALL JACKED UP 2021 Virtual Walk/ Run FAQ's

Get your sneakers ready and let's have some fun!

FAQ's:

What is the Event Date?

April 15- May 15, 2021...you have a full month to complete your challenge!

How to I register?

Read the Declaration and Fill out the Participant Form!

Forms can be emailed to cgreen@nearena.ca or dropped off at the office during regular Track hours (Monday- Friday 9:00am- 11:30am)

Do I need to Run?

Absolutely not (In fact... I'd have to be chased by a bear to run!)

Is this a competitive race?

Nope! The only competition is yourself! We encourage everyone to participate.

There are two options- 5K and 10K. You choose which you would like to do and pace yourself.

You can do it in a day, a week or a month!

There is no pressure!

Is there a fee? What do I get for my fee?

There is a \$20 fee.

All participants will receive an All Jacked Up 2021 medal, as well as items from our sponsors.

How do I get my medal and additional items?

On May 15th, we will hold a End of Event get together at Jack Byrne Regional.

Medals and sponsor items will be available for pickup 12- 1:30pm.

There will also be random prize draws and some socially distanced entertainment!

How to I submit my results?

Send an email to cgreen@nearena.ca to let us know when you've completed your challenge!

That's it!