



All Jacked Up 2024 Virtual Walk/ Run Frequently Asked Questions

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

What is the Event Date?

June 1- June 30, 2024

How do 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 Monday thru Friday 9:00am- 3:00pm

Do I need to run?

Absolutely not, it's your challenge to complete your way!

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 or a week!

There is no pressure!

Is there a fee?

This year there are two ways to enter- Individual participant fee is \$20.00; or you can enter as a family (up to 4 people) for \$30.00.

How do I get my medal?

Pickup will be available from July 2-5, 2024 between the hours of 8:30am and 3:30pm

How do I submit my results?

While we really don't need proof that you completed the walk/ run, you can send along an email to cgreen@nearena.ca and we can share in your accomplishment!