



5-Miler FAQ's

Does the Stroehmann Bakeries Back on My Feet 5-Miler benefit any charity?

All proceeds will go directly to [Back on My Feet Philadelphia](#) to help a Member experiencing homelessness take steps to become self-sufficient.

What is Back on My Feet?

Learn more about Back on My Feet Philadelphia [here](#).

How can you verify that I actually ran?

We can't! Honors system all the way. The best way we can hold you accountable is by encouraging you to track your race on Strava:

- Join the [Back on My Feet Strava club](#) and [5-Miler Event](#) so we can see your race in our feed.
- After your race, label your activity: Stroehmann Bakeries Back on My Feet 5-Miler.
- Pair it with a selfie, a photo of your watch or any other memorable photo from your run.
- Again, if you want to be considered for a time-based award, you must submit your time here (we can and will cross-check with your Strava activity 😊)

I don't have Strava, I don't want Strava, what do I do?

We don't want to force anyone to be on Strava who doesn't want to be. If you're connecting in other places (Facebook, Instagram, Twitter), feel free to share your activity there! When doing so, don't forget to tag [@backonmyfeet](#) so we can see your awesome work. If you want to be considered for a time award, you still can be! There's just one extra step:

- Submit your time [here](#).
- For proof, take a photo of your watch or however you're tracking your time and distance and send to events@backonmyfeet.org.



5-Miler FAQ's

I don't have any form of social media. Can I still run?

YES! And, good for you. The struggles of hyper connectivity are REAL. Since a virtual race was so unexpected and new to us, we don't have any real way of confirming you ran. But, we still want you to! If you need an 'accountabilibuddy', take a photo during your run and send it to events@backonmyfeet.org. If you want to be considered for a time award, visit the question above this and follow the steps there!

I ordered a T-Shirt...when will I be getting it?

Due to the ever-changing details landscape of regarding the COVID-19 (Coronavirus) outbreak, we are assessing the best options to get t-shirts to those who have purchased them. We ensure that all individuals who purchased a shirt before March 1st (our original t-shirt deadline) will receive one! Thank you for your patience as we navigate this situation.

I didn't order a T-shirt, but I still want one. Is that possible?

For the time being – yes! Lucky for you we have we currently have 50 event t-shirts that have not been claimed! If you saw our awesome design and are you now interested in buying a t-shirt, make a \$5 donation [here](#) and be sure to indicate your preferred size and that your donation is for a t-shirt in the message field. Hurry, supplies are limited!