



Virtual Race FAQs

Does this race benefit any charity?

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

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](#) so we can see your race in our feed.
- After your race, label your activity using the event specific hashtag or mention the race name in your post.
- Pair it with a selfie, a photo of your watch or any other memorable photo from your run.

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 contest or award, you still can be! There's just one extra step:

For proof, take a photo of your watch or however you're tracking your time and distance and send to events@backonmyfeet.org.

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. 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!

When will I get my sweet event t-shirt?

Due to the ever-changing details regarding the COVID-19 outbreak, we are working with our partners to plan a t-shirt pickup event when we're able to gather again. If you are joining us from out of state and have selected the out-of-state registration option, we will be mailing out shirts when it is safe to do so. Thank you for your patience as we navigate this situation.

Have other questions? Feel free to reach out to Mary Elizabeth Sullivan, National Running Events Manager, at mary.sullivan@backonmyfeet.org.