

How to Participate in the Virtual DAV 5K

STEP 1: On Saturday, November 7, put on your race shirt and bib and open your computer or smartphone.

STEP 2: Join our virtual opening ceremony at 10 a.m. EST by visiting www.DAV5K.org or www.facebook.com/DAV.

STEP 3: When the ceremony ends, head outside to walk, roll, run or ride your 3.1 miles* in support of veterans. Be sure to take some photos. We would love to see your selfie after you have finished your event. Wearing a fun outfit or running by something historic or unique in your area? Make sure to snap that photo as well!

STEP 4: Share your photos on Facebook by using #DAV5K2020 or email them to DAV5K@DAV.org. We will be selecting some photo winners to receive prizes from DAV. Visit DAV5K.org for more information.

STEP 5: Join our Post Party at 1 p.m. EST on November 7 with Cincinnati local radio emcees, Chris and Janeen, to celebrate participants of the DAV5K. Let's come together to celebrate our nation's heroes and everyone supporting them through the 5K with a virtual cheers! You can find this live broadcast on your computer or smartphone by visiting www.DAV5K.org or www.facebook.com/DAV.

**There is no specific course to follow, and you do not have to complete 3.1 miles all at once. You can break it up into sections throughout the day or week. Complete your 5K anytime from November 7–11.*

