

How to be a **Virtual** Runner

1

Sign up

www.FullofGrace5K.com

2

Run 3.1 miles

anytime before 2/20/16

3

Snap a screenshot

of whichever running app you use to track your runs and email it to mark@fullofgrace5k.com

4

Post a picture

to Instagram/Facebook/Twitter using the following hashtags. The more your picture shows off where you are running from, the better!

#HEYcancer**BEAT**it

#FOG5K**virtual**runner

#FOG5K

@FullofGrace5K

Full of Grace
FIVE K

