



We're Going Virtual!

Due to the unprecedented global situation concerning the COVID-19 pandemic, we have decided to change the Outrun CF 5K Walk/Run from a large group to a virtual format. Given the unprecedented circumstances, we believe the decision is necessary to reduce and delay the transmission of COVID-19 and protect the health and safety of our entire community.

The walk will be held on the originally scheduled date of **April 19, 2020**, and will allow you to participate from anywhere, and to complete your walk, your way, on your own time! As your health and safety are of the utmost importance to us, we would like to remind you to please follow the social distancing rules and out of an abundance of caution we would recommend that you either walk alone or only with people from your own household.

Registering for the virtual walk

With the walk shifting to a virtual walk format this year it is more important now than ever to register for the walk at www.outruncf.ca. When you register for the walk, an online fundraising page is created for you, which will allow you to fundraise virtually and collect donations online. **With the covid-19 situation, we will not be using paper pledge forms this year**

Donations

General donations are welcome and can be made on the [Outrun CF Webpage](#).

On the day of the event

Join us on the [Outrun CF Durham Facebook page](#), at noon, for a virtual opening ceremony. Registered participants are encouraged to send pictures of you walking to info@outruncf.ca. We will post these pictures to the Outrun CF Durham website and Facebook page.

Thank you for your continued support of this event! With your help “we’re catching up to a cure”!