

DESCRIPTION

Join CPA.com in our first Virtual 5K & 1040! Register for either the 5K (3.1 mile) or 10.40 (mile) and walk, run or bike your chosen distance.

Your registration fee* includes a DCPA20 T-shirt. Wear your T-shirt on the day you choose to complete your distance, <u>any time between Nov. 11 - 30</u>. Take pictures and add them to the race website. When you complete your distance, log your time. Share your photos and results under 'Results' on the race website.

Watch for tips from Jennifer Lee Wilson (DCPA20 Advisory Committee Member) & Emily Brandt and their ConvergenceCoaching, LLC team as they prepare for a Nov. 14 run. All are invited to join them at 9:00 am CST to run on that day. Remember to wear your DCPA20 T-shirt, take pictures and log your results.



100% of registration fees will be donated to <u>Feeding America</u>*. This year, a lot of us are finding new ways to carry on old traditions. We're doing our best to come together, even though we're apart. This is a time to be grateful for what we have, and to share with those who may not have enough. Feeding America is where thanks and giving meet. This where everyone can make a difference.

*Registration fees are non-tax deductible. The collected fee total will be donated to Feeding America.



THE DETAILS

THE SWAG - DCPA20 T-shirt

THE CHARITY – Feeding America

Feeding America is the nation's largest domestic hunger-relief organization. Thanks to donations and support from businesses, government organizations and individuals like you, the Feeding America network of food banks, pantries and meal programs serve virtually every community in the United States — 40 million people, including 12 million children and 7 million seniors.

WHY VIRTUAL – Top 10 Reasons to do a Virtual Race or Challenge

- 10. It's socially distant!
- 9. You can choose your own location.
- 8. Try something new you've never done before challenger yourself!
- 7. You get to pick your ideal date and time.
- 6. You can use it as "training" if you have other events.
- 5. You don't need to set your alarm unless you want to.
- 4. You get a super cool T-shirt.
- 3. You get to know you started and finished something in the same day.
- 2. Do something for yourself that is all about you.
- 1. You are supporting Feeding America!

REPORTING RESULTS

A virtual event is all about you, you do it for yourself so there is no need to "prove" your run... AND... we love hearing about your experience! Have photos or stories to share? Post them to the CPA.com Facebook page. Uploading your results online is not mandatory for you to receive the swag that comes with registering for this race!

THE MAIL – Your T-shirt will be mailed to the U.S. Mail address you used during registration.

Note: Due to COVID-19 and the impact it has had on the US Postal Service delivery dates cannot be guaranteed and it may take additional time to receive your shirt, we appreciate your patience.

CPA.com thanks ConvergenceCoaching, LLC for their coaching tips and enthusiasm.

ConvergenceCoaching*

Helping leaders achieve success.**