

# Events for Everyone

All paces welcome to have fun and get strong!

## Traditional Races



Best for those who want to...

- run or walk for distance
- complete a distance all in one go
- earn a medal as a visual representation of their athletic achievement



## Relays



Best for those who want to...

- run or walk for time
- go as far as they can in an hour
- feel like part of a team
- earn a medal and/or relay baton



## Long-Term Challenges



Best for those who want to...

- run or walk for distance regularly over the coming days and months
- build healthy routines
- earn progress rewards (such as pins or buttons) and a finisher medal
- have mini adventures on the way to a mileage goal



Virtual races, relays, and long-term challenges can be viewed at [virtualrunningclub.com](http://virtualrunningclub.com)



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