



RUN FOR IT 2020

Run For It may be virtual this year, but the purpose is still the same - to raise awareness and support for non-profits, civic organizations and other charities throughout a seven-county region of W.Va. (Barbour, Grant, Mineral, Pocahontas, Preston, Tucker and Randolph) and Garrett County, Md.

The Tucker Community Foundation challenges participants to raise team support for the community cause of their choice during the Virtual Run For It 2020 campaign and then run or walk for that cause in a 2k/5k event during the month of September.

In past years, speed was not required to win, and that is certainly the case for Run For It 2020.

What is a Virtual Run For It?

This year you pick the route, set the pace and run or walk on your own schedule anywhere you want. Whether it's your treadmill, your favorite trail or your neighborhood, the most important thing is to be safe, have fun and raise money for a great cause.

The Virtual Run For It starts September 1 and runs through September 30. Have fun walking or running and raising money for your charity!

How Virtual Run For It works

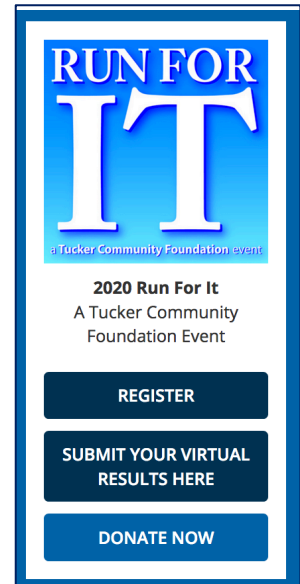
1. **Register your team** – Team captains can register teams online or by printing and completing a team registration form, www.tuckerfoundation.net/team-info/

Registrations can be sent by mail, email or by fax. There is no cost and teams must be registered by August 31. Each team represents a charitable nonprofit cause. Team members do not need to walk or run together, but they do need a team captain.

2. **Join a team** – Walkers and runners are encouraged to sign-up online, raceroster.com/31389 or by downloading and completing a registration form on the Foundation's website, <https://www.tuckerfoundation.net/run-2/entry-form/>

Entry forms and entry fees can be mailed to: TCF-RFI, PO Box 491, Parsons, WV 26287, or you mail email it to runforit@tuckerfoundation.net and pay by credit card. Participants have until September 30 to register. Each team needs a minimum of five (5) participants to qualify for awards.

3. **Raise money for your cause** – Participants are encouraged to find supporters (individuals, businesses or groups) who will donate and support your cause. Donations to your team can be made online, raceroster.com/31389
4. **Start of Virtual Run For It 2020** – At noon, September 1 every team captain and registered walker or runner will receive an email that Virtual Run For It 2020 is underway. You have until September 30 to complete your 2k/5k walk or 5k run.
5. **Track your time** – You are the timer of your own race. Walkers and runners should track their time either with a watch, Fitbit or smart watch or you can use an app, such as Runkeeper, Map my Run, Nike Run Club, etc.
6. **Finish the race and log your time** – After you finish the walk or run, note your race time, grab a photo/screenshot of your time if possible, and enter the time and photo on the Run For It website, raceroster.com/31389.



You complete this step by clicking the **Submit your virtual results** in the righthand column of the Run For It home page, raceroster.com/31389. **Participants need to enter their results by midnight, Sept. 30 in order to qualify for cash awards for their charity.**

Virtual Run For It Awards

The race may be virtual, but the money is real. Half of Run For It entry fees, 100 percent of team sponsor donations, and 100 percent of race day awards are distributed to the cause represented along with cash awards. As in the past cash awards will be given to teams raising the most awareness and team participants along with numerous other prizes.

A full list of award categories will be released the first week of August. A virtual award ceremony is scheduled for 1 p.m. Wednesday, October 7 on Facebook.

The Tucker Community Foundation dedicated \$16,000 this year to seed the race and we have other race sponsors helping us to grow the purse. Every county commission in our service area has donated monies for this year’s event.

Background

Since its inception, Run For It has generated more than \$2 million for participating organizations and charities throughout the region. More than 11,500 racers of all ages and abilities have lined up to walk, run or roll (wheelchair or stroller) in Davis during the past 14 years.

Founded in 1989, the Tucker Community Foundation manages more than 135 endowed funds that provide annual scholarships and grants to nonprofits and charitable causes throughout its service area. For more information about the Tucker Community Foundation, call 304-478-2930 or visit www.tuckerfoundation.net.