



Virtual Walk/Run

Your race swag will be mailed out on Oct. 24. Offer valid in the United States of America only. **Register by Sept. 13** for a race packet. There are no refunds for virtual race registration.

If you choose to have your packet mailed to you, please ensure you enter your mailing address when registering for the event and add the additional shipping charge.

All virtual walkers and runners must include "SHIPPING" before completing your registration online. All other packets (live race only) will be available during Packet Pickup.

Follow these three easy steps:

Step 1: Walk or run before November 9, 2025, and record your race time using Strava, Garmin, MapMyRun, MapPedometer.com, or a simple stopwatch.

Step 2: Email your race completion time to stephenpino@hotmail.com.

- Include first and last name, run date, event (5K), city and state, and race completion time in the body of the email.
- Use subject line: RAD Dash 5k Run Result Information.
- Run/walk times must be submitted by 11:59 p.m. (mtn.) on November 10, 2025.

Step 3: Submit a selfie on the RunFit Facebook:

- Post on <https://www.facebook.com/Runfitabq/>
- Submit a selfie after your run/walk or a pic of the location you ran/walked!
- In providing a photo or selfie, you allow RunFit to share your pic on the RunFit website and other event social media. The picture you provide will not be used for sales or marketing purposes without written permission.

Please note: Steps 2 and 3 are optional.