

RUN *for your* HIPPIY HEART Virtual 5K

April 1-30, 2019



REGISTRATION
FEE

www.hippyusa.org/virtual-5K

This is a Virtual Race. A virtual race can be run (or walked!) anytime and anywhere, even indoors on a treadmill. Participants in the virtual races earn awesome medals for themselves while raising money for HIPPIY USA.*

Run to a library, school or any prominent location in your community, and then post to social media using the hashtag #HIPPIY5K.

**SHOW YOUR SUPPORT FOR
HIPPIY USA BY REGISTERING TODAY!**

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HIPPIYUSA®

Home Instruction for Parents of Preschool Youngsters

**Simply register for our virtual run, complete the distance anytime and anywhere you desire (even on a treadmill), then upload your times to our Virtual 5K webpage. You will receive the finisher's medal after you upload your results or at the end of the race period, whichever comes first. Complete your run early and medals will be shipped April 1.*