

RiverFire 5K Run/Walk Going Virtual

Organizers of the annual RiverFire 5K Run/Walk event would like to announce that, in spite of the cancelation of the RiveFire Celebration due to Covid19, the 8th annual edition of the RiverFire 5K will take place. As this will not be possible in the “in person” format of prior years, it will be presented in a “virtual” format. Proceeds raised from the event will once again benefit Response, A Domestic & Sexual Violence Support Center, which has seen an uptick in the need for its services since the start of the pandemic.

In this year’s virtual RiverFire 5K event, participants are asked to run or walk a 3.1 mile route of their choosing (does not have to be exact) with family or friends following social distancing guidelines. The run or walk may be completed anytime between 10/12/20 and 10/23/20 and can be done all at once or divided up over several days. This year there are two registration options: Basic and Basic Plus. Cost at the Basic level is \$12 and participants registering at this level will receive a commemorative face mask and decal for their efforts. Those registering at the Basic Plus level of \$20 will get the commemorative face mask and decal and will also get a commemorative T-shirt. These items will be ordered and mailed out to participants after completion of the event on 10/23/20.

Awards for this year’s Virtual RiverFire 5K Run/Walk will be different as well. Though awards based on time or placement are not possible with this format, various recognition awards, in as yet to be determined categories, are being planned. One advantage of a virtual event is that participants can be drawn from a much larger geographic region. Aside from our past local participants, that we hope will choose to participate in this virtual format, it is hoped that this year’s event will attract the “out of town” family and friends of these local participants. A larger Facebook presence is planned to help get the word out regarding this and special recognition awards for out of towners are also planned. We would like to see how many states, and maybe even countries, could be represented by far away registrants.

For more information or to register for this year’s 8th Annual RiverFire 5K Run/Walk event go to [www.racemenu.com/RiverFire 5K](http://www.racemenu.com/RiverFire%205K) OR download and print a paper registration form from www.coosfamilyhealth.org or www.avhnh.org. All registrants are encouraged to follow us on Facebook for more information on award categories, as well as for acknowledgement of our many generous sponsors.