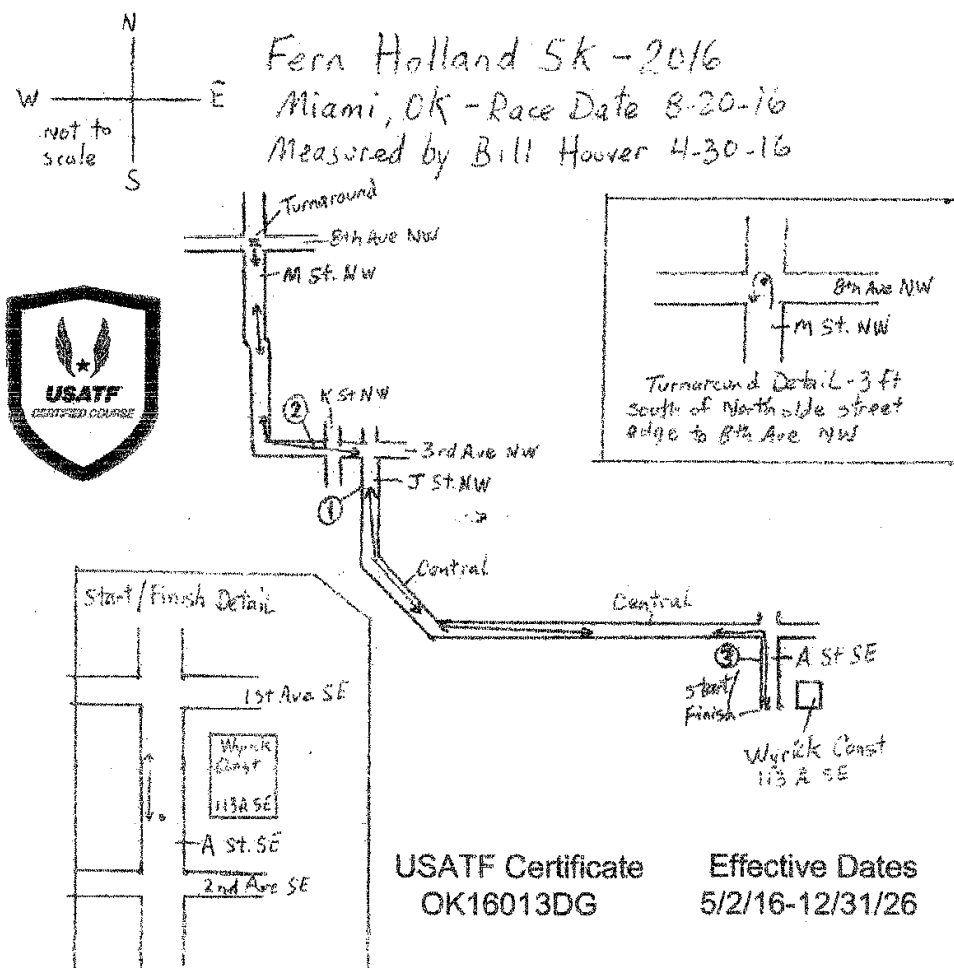


FEARLESS FERN VIRTUAL 5K & 1 MILE WALK INSTRUCTIONS



1. REGISTER @ [GETMEOUT.ORG](https://getmeout.org) OR FILL OUT A PAPER REGISTRATION. WE MUST HAVE YOUR REGISTRATION BY AUGUST 10TH IF YOU WANT A T-SHIRT. RACE PACKETS WILL BE MAILED IF NOTED IN REGISTRATION. YOU CAN ALSO ARRANGE LOCAL PICK UP. IF YOU ARE WITH A GROUP, MAKE SURE TO INCLUDE YOUR GROUP NAME. THE GROUP WITH THE MOST PARTICIPANTS WILL STILL RECEIVE THE ANNUAL TRAVELING TROPHY.
2. WALK YOUR ONE MILE OR RUN YOUR 5K ANYTIME BETWEEN AUGUST 17TH- AUGUST 31ST. YOU CAN USE OUR USATF OFFICIAL ROUTE (INCLUDED IN PACKAGE) OR A ROUTE OF YOUR CHOOSING.
3. FILL OUT YOUR "I RUN BECAUSE SIGN" AND TAKE A PICTURE BEFORE YOUR RACE. POST IT ON SOCIAL MEDIA, TAG OUR AGENCY, AND CHALLENGE YOUR FRIENDS TO PARTICIPATE!
4. IF YOU ARE RUNNING, SEND YOUR TIME TO [INFO@GETMEOUT.ORG](mailto:info@getmeout.org) WE WILL BE SENDING OUT MEDALS FOR MALE/FEMALE 18 AND UNDER, 19-40, 41-60 AND 65+. TIMES MUST BE RECEIVED BY SEPTEMBER 1ST.
5. HAVE FUN! THANK YOU FOR SUPPORTING LOCAL VICTIMS AND RUNNING/WALKING IN MEMORY OF FERN L. HOLLAND.



Start/Finish: Even with south edge of Wyrick Construction building at 113 A SE.
Nail, washer, and green paint in center of A Street NE.

1 Mile: Even with driveway to 221 J Street NW.

2 1/2 K (Turnaround): 3 ft south of 8th Ave NW north street edge on M Street NW.
Nail, washer, and green paint in center of M Street NW.

2 Mile: About 78 ft west of fireplug at K St NW.

3 Mile: North edge of exit from parking at Bomford, Couch, and Wilson building at southwest corner of Central and A Street NE.