

How to complete your virtual race:

1. Download Strava* (free!) on your phone
2. Join the [Strike Out Strava Club](#)
3. Participate in your 5k or 1-mile on your own time – Choose to participate outside in your neighborhood or inside your home on a treadmill. Use Strava to record your time.
4. Share your time results on our Strava page to be considered for one of our awards on July 16th!
5. Take pictures of your virtual race and share on social media! Be sure to tag the Les Turner ALS Foundation (@LesTurnerALS) on Facebook, Twitter, Instagram or email us your pictures at events@lesturnerals.org.

*If you prefer to share your race time another way, you can submit your time using the online survey, [found here](#).

Times must be submitted by 12pm on Thursday, July 16th to be considered for an award

