

GNOCA 5K Run/Walk in honor of Jackie Poor & Paula Holm has gone VIRTUAL!



September 14—September 27, 2020

Considering the current difficulties and restrictions of COVID-19, we have decided to transform this year's 5K Run/Walk into a virtual event. As we enter our tenth year of supporting ovarian cancer awareness and services, we feel that now, more than ever, it is important to continue with our annual events. We typically culminate our fundraising during September, Ovarian Cancer Awareness Month, with our 5K Run/Walk through beautiful, historic downtown Newburyport. This year, we will not let COVID-19 stop us, and we will carry on in the same enthusiastic spirit—except virtually.

What does this mean for you?

- It actually means more time, wider creativity, and additional fun, as the virtual run/walk is now a two-week long event! Register between now and Sunday, September 27, no later than 8:00 PM by choosing whether you are a runner or a walker and then participate from the comfort of your own home, neighborhood, downtown Newburyport, a rail trail, or your personal favorite route from Monday, September 14, through Sunday, September 27, no later than 11:59 PM. Make this your very own meaningful virtual experience!
 - Preregister online as an individual or as a team to receive your swag bag. Tee shirts will be given to the first 75 registrants.
 - Online registration:
 - \$25 for ages 18+
 - \$20 for ages 10-17
 - \$15 for those under 10
- Get involved! Be creative! Have fun! Get some fresh air while supporting a worthy cause! Post pictures on your favorite social media by Sunday, September 27, no later than 11:59 PM. Tag your photos with #GNOCA5K2020 and please tag us too! Visit us on:
 - Facebook: @ocawareness
 - Instagram: @gnocawareness
 - Twitter: @GNOCAwareness
- If you have private social media accounts or do not use social media, you can email your photos to GNOCA5K@gmail.com.
- **RUNNERS:** map out your route and use your favorite GPS tracking device or app to log your distance and time. Track your own times and email them to GNOCA5K@gmail.com by Sunday, September 27, no later than 11:59 PM.
- We will be awarding prizes for:
 - Runners:
 - Best Time Male
 - Best Time Female
 - All Runners and Walkers:
 - Best Overall Photo
 - Most Spirited Photo
 - Sweatiest Selfie
 - Most Creative DIY Finish Line Photo
 - Junior MVP
 - Most Ambitious Four-Legged Friend(s)

An online virtual closing ceremony will be held on Tuesday, September 29, at 7:00 PM via Facebook to thank everyone for their participation, announce the winners, and conclude this event.

We look forward to hearing from all of you and seeing all of your smiling faces online as you help us continue our annual tradition of bringing the community together, honoring those we have lost, and actively supporting those who continue to fight.