

NSDOAF 5k Virtual Race

What is a virtual race?

A virtual race can be completed at your own pace, on your own time, in as many days as needed to complete and can be done by yourself or in a group.

How long is a 5k?

3.1 miles

How much is the Entry Fee?

\$35.00 (18 and up)

\$25.00 (under 18)

Options to complete the race:

Run | Walk | Bike | Treadmill | Swim | Zumba | Anything!

What you need to complete the race:

Smart phone | walking app | FitBit or Garmin | basic pedometer

How to qualify for your Finisher Medal:

Once you have completed your 5k, submit your total miles to:

NSDOAFVirtualRace@gmail.com

Direct All Questions to:

Geni Holmes
Virtual 5k Chairman
281.782.1942
nsdoafvirtualrace@gmail.com

Registration Forms and Checks can be mailed to:

Geni Holmes, Chairman
2022 Farmer's 5k – Virtual Race
3 Elwood Hills Court
The Woodlands, Texas 77381



Farmers 5k – Virtual Race Registration Form

Name: _____

Phone Number: _____

Mailing Address: _____

Email Address: _____

Make checks payable to NSDOAF and mail to:

Geni Holmes, Chairman
Virtual 5k Race
3 Elwood Hills Court
The Woodlands, Texas 77381

- OR -

If you wish to pay by credit card please go to our www.nsdoaf.com and select the “Virtual 5K” option.

DEADLINE TO REGISTER: September 1, 2022.
DEADLINE TO SUBMIT TOTAL MILES: February 14, 2023