

How Do I Participate in the Meet Me at the Fountain Virtual 5K?

FAQ's

How do I run/walk the Virtual 5k course?

Choose your course ... anywhere you'd like to run/walk. Your route should be 5K (3.1 miles) which is equivalent to 12.5 laps on a standard outdoor track or 6800-7000 steps counted on your pedometer depending on your height and stride. Rutherford County NC has many running/walking trails to choose from. A few of which are: The Purple Martin Greenway (Rutherfordton); Dittmer-Watts Nature Trail (3.3 miles) (Lake Lure); ICC Trails (3.3 miles) (Spindale); Rutherford County Rail Trail (Gilkey to Forest City). But remember this is virtual so you can participate anywhere in the world!

Who are we fundraising for?

Cystic Fibrosis Foundation; Yokefellow Services of Rutherford County; and Chase Corner Ministries will receive the funds raised from the "Meet Me at the Fountain Virtual 5K". Look at the 5k Facebook posting for additional information for each of these groups and how they are helping people in our community and around the world.

How do I register to participate?

Registration forms can be downloaded from the Meet Me at the Fountain 5k Facebook page. Registration Forms may also be picked up at Smith's Drugs of Forest City, Yokefellow Services on Blanton Street in Spindale and Chase Corner Ministries at 1604 Chase High Rd, Forest City, NC 28043. Completed registration forms (be sure to include your t-shirt size) can be mailed or dropped off with your payment at Smith's Drugs of Forest City.

How much does it cost to register?

Regular registration is \$30 for Adults and \$15 for Children 12 and under. Early registration now through July 5th is \$25. If you register as part of a team of 5 or more, each registrant pays \$25.

How do I pay to register?

Mail your check made payable to Smith's Drugs of Forest City to 139 East Main Street, Forest City, NC 28043 or drop off your check/cash payment at the Gift Shop at Smith's Drugs.

When must I complete the 5k?

Run/Walk anytime between July 25, 2020 – August 1, 2020. Run/walk as often as you would like during this period and submit your personal best time no later than the deadline of August 1 at 11:59 pm.

How do I submit my personal best time at the completion of the 5k?

Report your time on the Meet Me at the Fountain 5k Race Facebook page with a private message or email your time to 5krace@smithsdrugsfc.com. Run/walk your 5K as often as you'd like and submit your personal best time prior to the reporting deadline ... August 1 at 11:59 p.m.

How do I get my t-shirt?

T-shirts can be picked up anytime during regular business hours at Smith's Drugs of Forest City, 139 E. Main Street, Forest City, NC 28043 OR will be mailed to you for \$5 postage and handling after July 24, 2020.

Can I run/walk with friends/family?

You may run with any group you choose. Be sure to be respectful of social distancing and group size limits.

How do I time myself for my run/walk?

Use whatever time monitoring device you have handy ... A mobile app (Ex: Map My Run), stopwatch, cell phone clock or your wristwatch.

Will I receive an award for my participation?

Due to the virtual nature of the event and the lack of Official Timing Personnel, there will be no individual awards presented to participants this year. However; we will post pictures and times as they were given.

Can I post pictures and videos of my participation in the 5K?

Please post photos and comments related to your Meet Me at the Fountain Virtual 5k experience! We'd love to see and hear about where you are running/walking your 5K; who you are with; and, what the event means to you. Tag them

#SmithsDrugsVirtual5K