



6TH ANNUAL

GOOD

KARMA 5K



Educating Rural India

HELPING THOSE IN NEED DURING THE PANDEMIC
Saturday, June 20 – Sunday, June 28, 2020

VIRTUAL EVENT

Run, jog, hike or walk on road, trail, track, or treadmill

Registration: goodkarmany.org

Please follow social distancing guidelines

HOW IT WORKS?

Step 1: Register by June 28, 2020. Registration is \$25. Select your T-shirt.

Step 2: Download the IYR_Virtual Race app from the Apple App /Google Play store.

Step 3: Run/walk your 5K anytime between 12:01am, June 20 and 11:59pm - June 28, 2020.

Step 4: Submit your 5K time. Use the IYR_Virtual App on your smart phone OR Time your race on your own (with a watch, GPS or an app like MapMyRun or Strava), then follow the directions.

Registration includes a race t-shirt to be distributed after completion of the virtual event.

HOW TO RECORD AND UPLOAD YOUR RUN RESULTS WITH THE IYR RESULTS APP

Step 1: Download the IYR Virtual App to your phone.

Step 2: Login with the email address used to register.

Step 3: Search for Good Karma 5K.

Step 4: Go to "Tracker" and click "Ready to Start My Race" and start your 5K.

Step 5: Run/walk, the app will automatically upload your results.

Final results will be posted on June 29 on goodkarmany.org

**All race proceeds go to AIM for Seva and Feeding America
to help with COVID19 relief efforts. Help feed the children of India and USA.**

Good Karma of the Capital Region is a 501(c)(3) based in Albany, NY

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For more details, go to: Facebook.com/goodkarmarun OR goodkarmany.org