

## VIRTUAL FAQ

From October 4 - October 10th, we will Run/Walk 4LIFE in a virtual setting!

Why run a virtual 5k? Because our phones are answered 24/7 and we need to increase our capacity to educate and serve in all of our direct services.

In the midst of this pandemic in our world, our essential services continue. At a time when lives are devalued and options seem few we need to renew the sanctity of human life in profound ways. We need you to join us!

How does a Virtual 5k work?

### 1. REGISTER

Register for Concepts of Truth VIRTUAL Run/Walk 4Life 5K to save lives like Baby Mason ([Watch his story](#)). You can receive discounts on your registration fee by choosing to refer others or choosing to become a fundraiser to help save and change lives or you can simply pay the flat registration fee. Either way, you will be supporting the needs and testimonials of callers on our 24/7 first responder helpline and other direct services bringing sexual and mental health resources to thousands who are hurting all across our nation and world.

### 2. PRINT YOUR BIB

We will send you a race bib for the event. Print off your VIRTUAL Run/Walk 4Life 5K race bib and personalize. Pin it on your shirt before you leave to start your 5k!

### 3. RUN/WALK

From October 4 – October 10th at noon you run or walk your race! You can walk, run, jog, hike or even hop on your treadmill. Track your run/walk on Garmin, Strava, Map My Run, or another platform or track your distance with a stopwatch on your phone and a piece of paper.

### 4. SUBMIT YOUR RESULTS or NOT

Submit your VIRTUAL Run/Walk 4Life 5K race photos and race experience recaps on your personal social media or to Concepts of Truth's Facebook page  
Share about your race experience and use the hashtag #VIRTUALRun/Walk4LIFE5K and tag @ConceptsofTruth.

Upload your results. More details on how to upload your times to come!

### 5. YOU FINISHED!

Congratulations! By running in the Concepts of Truth VIRTUAL Run/Walk 4LIFE 5K you have joined the team in helping share the truth about LIFE! Remember that the more you share about your virtual run, the more you can be part of spreading awareness of the need of those hurting to have sexual and mental health resources and services.

### Some of your questions are not answered?

We know you may have more questions. Monitor your email and we will send updates and more detailed information about the event soon or reach out to [Jessica@conceptsoftruth.org](mailto:Jessica@conceptsoftruth.org). Stay safe and let's join together from our homes and neighborhoods to share the truth about life and provide services to those in need. Register to run/walk [here!](#)

Thank you for Partnering with us,  
Millie & Dail Lace, Founders  
Jessica, Amy, Sherry and all of our Team  
Concepts of Truth International