



RED, WHITE & BOOM!

TC HALF MARATHON,
RELAY & 5K

VIRTUAL RACE ★ 2017

GET READY TO RUN THE RED, WHITE & BOOM!
VIRTUAL RACE TC HALF MARATHON, RELAY & 5K

1

GATHER SPECTATORS

Recruit friends and fam to cheer you on.

2

CHOOSE YOUR COURSE

Pick the right distance for you—half marathon, relay or 5K—and plot your route with FASTZach, our official virtual course app. Or, run on your own treadmill!

3

PREP

Get your outfit together—including your unique bib—and make sure to have your nutrition, hydration & sunscreen good to go.



4

RUN YOUR RACE!

Indoors on the treadmill or outside, run by July 6 to be included in results.

5

FINISH STRONG

Stretch and hydrate to recover right, then celebrate your success!

6

MAKE IT “RACE OFFICIAL”

When you're done, add your stats by July 6 to the unofficial Red, White & Boom! Virtual Race results at bit.ly/2qsDKU7



7

SHARE IT!

Post your pics and vids to social media. Want prizes? Be sure to include hashtags #RuntheBoom and #VirtualBoom to be eligible to win. And don't forget to tag us!

TWITTER: @tcmarathon
FACEBOOK: /TwinCitiesInMotion
INSTAGRAM: @twincitiesinmotion



8

SHOW OFF THAT SWAG

Rock your finisher medal to a 4th of July party just for fun, or wear your race shirt on your next training run.



THANK YOU FOR PARTICIPATING IN THE FIRST ANNUAL
RED, WHITE & BOOM! VIRTUAL RACE!

