

Long Run Virtual Marathon 2020

Due to the COVID-19 outbreak, our 20th annual Short Run on a Long Day 5k Run/Walk has to be postponed until 2021. But we don't want to wait that long to offer a fun recreational opportunity to our community. There's no better way to social distance you or your family than going for a walk or run around your neighborhood!

Join the Frankfort Park District for an unprecedented race during unprecedented times...
LONG RUN over an even LONGER SUMMER Marathon!!! All ages welcomed.

What is a Virtual Marathon?

A virtual marathon is a race you pay to enter where you are expected to meet a target (e.g. run 26.2 miles total over a month time frame) to win a medal and get the satisfaction of completing a marathon! Virtual races are very similar to live races – you enter a race and when you finish you get a medal but differ from live events in two key ways: 1) You can choose to complete the race whenever you like between the time frame assigned (June 17- July 31). 2) You can complete the race wherever you like. You can even do the whole thing indoors on a treadmill.

The rules are simple:

- Sign up @ www.signmeup.com/134733 everyone must sign up to receive a medal) for \$19/person by June 16
- Run, walk, jog on your own time at your own pace starting June 17 – July 31
- Keep track of each mile you are active! Download the running log (will email June 16) and record your distance and/or taking screen shots of your watch or phone
- Connect with us and other participants by tagging your photos on Social Media
- Submit your mile log to cdebella@frankfortparks.org or mail to 140 Oak Street, Frankfort, IL 60423 by July 31
- Please submit ALL 26.2 miles together (one complete form per person); either running log, photos or screen shots of your completed miles
- Each participant that completes the marathon (26.2 miles) by July 31 will earn a Long Run Marathon medal and race shirt
- Shipping is available for an additional \$8 at registration if you're unable to pick up the medal in Frankfort. If registering for more than one person, you only pay one shipping charge

How to get your medal & race shirt:

Option 1: Pick up your medal at the Founders Community Center 140 Oak Street, Frankfort, IL 60423 on Saturday, August 1 from 9:00 am – 12:00 pm

Option 2: Choose the shipping option during registration (extra \$8) and we will ship the medal to you after August 3

Option 3: Pick up any time after August 3 during normal business hours at the Founders Community Center 140 Oak Street, Frankfort

Cancellation/Refunds:

Unfortunately, we cannot offer a refund for this event. Since there is no actual dates/time, you don't have to worry about not being available.