

ACTIVE FOR AUTISM VIRTUAL 5K INFO

RACE PACKET

If you registered for the Active for Autism Virtual 5K & Kids Dash by March 13th, your race packet should be arriving in early April. If you registered after March 13th your race packet may not arrive before your planned race date. Plan a 5k (3.1 miles) and/or Kids Dash (any distance) course and complete your race anytime between April 1st and April 12th. On your race day, don your Active for Autism race shirt, pin on the race bib, lace up, and hit the road! Make sure to time your race and take photos!

SUBMIT YOUR RESULTS

All Active for Autism Virtual 5K & Kids Dash participants who complete their race and submit their timed virtual race results by April 12th will be listed in the 2024 virtual runner results page. Results will be based on the honor system and we will not require proof of completion.

[SUBMIT YOUR RESULTS HERE](#)

SOCIAL MEDIA CHALLENGE

Take part in one or all four of our social media challenges below for a chance to win! Snap a photo or video, post it to your social media (Instagram, Facebook, or both), use the hashtag #ActiveForAutism5K, and tag, @RUNFORAUTISM. If you don't have social media, please email your photos/videos to run@researchautism.org to be entered into the challenges. The winner of each challenge will receive an OAR-branded swag item! **Challenge ends 4/12.**

- **Kids Dash Superhero-** show us your superhero pose!
- **Runner's Best Friend** - snap a picture of your furry running buddies!
- **Strike a Selfie** - strike your best selfie out on your scenic racecourse!
- **Ain't no Party like a Post-race Party** - take a picture or video of your post-race celebration!