




PROMISE BOUND

2020

**VIRTUAL
RACE**



www.promise.zone

 NewaygoPromiseZone

Join as a team or individual

WALK/RUN/BIKE

Registration Deadline: Aug. 24th **Participation:** Aug. 3-30th

Your participation will help provide our Newaygo County graduates with a tuition-free path to an Associate Degree or Apprenticeship. Your continued support as a community will ensure the Promise Zone Scholarship will be available for generations to come. ***Join the movement!***



WALK/RUN/BIKE

Join as a team or individual. Participate competitively on non-competitively.

All participants will receive a bag of goodies which can be picked up at designated locations. You may also add a t-shirt during check out.

When you participate, don't forget to upload your selfie to your social media and use our hashtag. #NCPROMISEBOUND

NON COMPETITIVE PARTICIPANTS:

1. Register
2. Pick up your gear at designated location (locations will be announced by August 3rd based on location of registrants)
3. Participate at your own pace and don't forget to post your SELFIE!
#NCPROMISEBOUND

COMPETITIVE PARTICIPANTS:

1. Register by August 24th
2. Pick up your gear at designated location (locations will be announced by August 3rd based on location of registrants)
3. Track your time using your smart phone or smart watch.
4. Don't forget to post your SELFIE! #NCPROMISEBOUND
5. Submit digital results to: mdubois@ncresa.org

Participation must be between August 3rd and 30th. Final times must be submitted by August 30th at 11:30 PM.

Results and Placements will be posted August 31st.

TEAMS

Being part of a team, whether a group of friends or family, a running club or a group from where you work, makes training and racing more fun! So put your team together and sign up to race!

1. Register your team FIRST at www.promise.zone
2. Register and pay on Eventbrite
3. Follow Competitive Participant Directions
 - Teams must have at least 3 participants and no more than 10.
 - Team members must participate in the same event.
 - Team times will be averaged for placement results.

Depending on the number of teams, we may categorize results into smaller categories such as "Local Businesses", "School Sports Teams", "Friends and Family" and so on.



WALK/RUN

Ages 15+, Distance 5K

Ages 8 - 14, Distance 1/2 Mile

Ages 0 - 7, Distance 100 Yards

Ages 15+, Distance 10 MILES

Ages 8 - 14, Distance 2 MILES

Ages 4 - 7, Distance 1/2 MILE

Ages 0 -3, Distance 100 Yards

BIKE

