

1. What is a virtual race?

It is a race that can be ran anywhere, at any time, at your own pace. We welcome runners and walkers, and even skippers(!?) of all ages. You can choose to participate in these races any time during the day or night, in the gym, in your neighborhood, in a race, or on a vacation. You can run outdoors on roads, at a park, on a trail or indoors on a treadmill. You can decide to finish the race all at once or break them up. The cool thing about virtual races, is it can be costumed to your lifestyle by YOU!

2. How does it work?

First, register for the race you'd like to participate.

Second, run your chosen miles at a time and place of your choice.

You can decide to run/walk your race all at once or in separate sessions, but make sure you complete your distance and time your race with your favorite device of your choice! (ex: phone, watch, stopwatch)

Third, you can submit your results for a finishers certificate!

You can share your race by uploading your photos on Instagram! (don't forget to tag us @kenroko.vrc)

3. Why should I participate?

Participating in our virtual races is not only a great way to be active and healthy, but an amazing way to raise money for charity. You get to decide the route and time – not worrying about waking up at 4am for the starting race time, not worrying about travel expenses, not worrying about finding parking and port-a-potties! It really is a great way to keep yourself healthy and make a difference at the same time.

4. Who can participate?

Anyone from anywhere can participate. Runners and walkers of all ages can register, and you can choose to run individually or in a group. If you have a friend that lives in a different location, invite them to run it with you at the same time. You can even take your dog along and make it a doggy dash!

5. Do I have to complete all the miles at once?

No, you do not. You can break the miles up as many days as you'd like, as long as they are timed and completed within the race time period.

6. Do I have to submit my results?

We do not require you to submit your results. However, we encourage you to share to see where you're ranked and to possibly win a prize!

7. Do I receive anything from running the race?

We do not make medals/t-shirts but you do get your own bib number, see where you rank amongst all the other participants, and get a finisher certificate! We do so because we believe in focusing on your personal goals/health while raising as much donations and providing them **all** for the cause. Although we are not about time, we like to give out a prize for whoever ranks 1st place too!

8. Does some of the registration fee go to charity?

Absolutely! Our main mission is to raise money for hospice care for Cancer Institute Hospital of JFCR (Japanese Foundation for Cancer Research). All the registration fee and donations, net of operating costs, will be donated! Your participation and support really matters!

9. Can you register for a race more than once?

YES Definitely! The more you run, better chance of maintaining a fit life AND supporting more for the cause! How about changing your coffee dates to 5K running/walking dates? Skip one cappuccino and make a difference instead!

10. Any other questions?

Please don't hesitate to send it our way!