



Keane Foundation 19th Annual (1st Virtual) 5K Run/Walk - June 2020

All of us from the Keane Foundation are thinking of you and miss you.

We know you are sheltering at home and feeling the stress of events surrounding the Coronavirus. Exercise can help boost your mental state as well as your physical health. In the spirit of social distancing and in replacement of this year's Keane Foundation 5K, we encourage you participate in a virtual Keane Foundation 5K.

A **Virtual 5K** (3.1 miles) allows you to participate wherever you would like. You can walk, jog, run outside or on a treadmill. The beauty of the Keane Foundation **Virtual 5K** is you can participate at your pace wherever you choose, whenever you choose in the month of June. You are not limited to participating once. Complete a 5K as often as you can.

There are many ways to determine the 5K (3.1 miles) distance:

- Wear a GPS watch or phone app if you have one
- Determine the distance by estimating your minutes per mile pace
- Go to the certified course in Old Wethersfield

After you complete your 5K, fill out the attached participation form (also found on the Keane Foundation website, keanefoundation.org) and mail it to Keane Foundation, PO Box 290742, Wethersfield, CT 06109.

If you have a Keane Foundation or Running Club tee-shirt, wear it while running the 5K. We encourage you to stay safe and remember to obey the social distancing rules and do not run in groups or closely to others.

Thank you to our past 5K sponsors: Stop and Shop, Fresh Point, Wayne McPhee, and Kathy's Urgent Care.



Keane Foundation 19th Annual (1st Virtual)
5K Run/Walk - June 2020 Participation Form

Name(s):

Address:

Email Address - we will email you participation certificate(s) in July

Mail this form to Keane Foundation, PO Box 290742, Wethersfield, CT 06109

If you would like to support the Keane On Kids After School Enrichment Programs, you can make an optional donation to the Keane Foundation of \$5 for participants 18 or younger, \$10 for participants over 18 years old with a maximum of \$15 per family. Checks are payable to the Keane Foundation. Please include virtual 5K in memo.

Participation Release: If I am injured, I agree that I will not make a claim against, or otherwise hold responsible, the Keane Foundation and any other affiliate individuals. For participants under 18, as a parent I agree to indemnify and hold harmless the Keane Foundation and any other affiliated individuals from any claim by or on behalf of myself.

Signature: _____ Date: _____

keanefoundation.org