



HEALTHY STRIDES 2021 VIRTUAL 5K/10K AND KIDS DASH

www.fairfaxcounty.gov/parks/healthy-strides/10k5k

Virtual 5K/10K - \$25
Virtual Kids Dash - \$15

Race tech tee, medal and chalk will be mailed directly to your home.

Start and finish your 5k or 10k on your own course at your own pace from April 28 - May 7, or join us on Zoom on Saturday, May 1 at 8 a.m.

CHALK IT UP CONTESTS

- Best sidewalk chalk start and finish lines
- Most inspirational chalk design/saying

LIVE ZOOM EVENT

Saturday, May 1 at 8 a.m.

Experience the Healthy Strides energy virtually on Zoom!

- Warm-up exercises
- Start together
- Music and coaching to keep you moving
- Go the distance with our featured participants
- Random prize drawings, and more!

Plus, free Healthy Strides Community classes the week leading up to the race

A portion of the proceeds will go to the Fairfax County Park Foundation to support parks and trails projects.



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