



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

[www.fairfaxcounty.gov/parks/healthy-strides/10k5k](http://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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