

# VIRTUAL RUN/WALK - APRIL 1, 2021



# PROMOTING PHYSICAL AND FINANCIAL FITNESS OF THE COMMUNITY 100% OF THE PROCEEDS BENEFIT

EARLY CHILDHOOD COLLABORATIVE OF SOUTHINGTON ENTRY FEE OF \$24.01 NORTHSHIRECONSULTING.COM/RACE INDIVIDUAL AND TEAM PRIZES WILL BE AWARDED

COMPANY TEAM AWARDS:

4 PERSON MIXED 3 PERSON MALE 3 PERSON FEMALE



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# What is a virtual Run/Walk?

This virtual event allows for participation in a socially distanced fashion. Participants have a few days to complete the event. We do this to allow for weather and scheduling concerns.

# Why the crazy distance (4.01k)?

Set a new personal record at a new distance! We chose the distance of 4.01k (~2.5 miles) and April 1st (4/01) to have some fun and spread word about small business retirement plans. It is estimated that 40% of the employees in Connecticut do not have access to a workplace retirement account. Northshire Consulting has taken a national leadership role in closing this gap by helping employers of all sizes establish or improve the company retirement plan.

#### Do I have to compete as a member of a team?

No. We welcome individuals to take part to raise some money for a great cause. Because this is an event with a business-related theme, we are promoting some friendly competition between businesses. We will be scoring the race on an Individual and Team basis.

#### Where does the entry fee go?

The proceeds will go to the Early Childhood Collaborative of Southington.

"The Early Childhood Collaborative of Southington is a group of committed educators, parents, grandparents, healthcare and childcare providers, business owners, civic organizations and members of the community who are deeply invested in the growth, development and academic success of young children in Southington."

#### How do I sign up for the race?

You may go to runsignup.com/Race/CT/Southington/Northshire401k to register. When you sign up you will be asked for your company name. If that company can put together a full team, it will be automatically scored as a team.

# Do I have to complete the distance all at once?

We are encouraging people of all abilities to participate. With that, we ask that participants be fair about this and use their own discretion. If you are someone that walks ½ a mile a day – great – you can take a few days to complete the distance. If you are a seasoned runner - great – we ask that you complete the distance in one shot.

## How do I submit my time?

You can email your time to bwilliams@northshireconsulting.com. We will have the race results by Tuesday, April 6th. Results will be on NorthshireConsulting.com and emailed to participants.





Early Childhood Collaborative of Southington Southington Age 3 to Grade 3 Collaborative



**COMMENCE FITNESS** 



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