



FOTT ANNOUNCES A NEW EVENT -
THE CUMBERLAND COUNTY TENNESSEE VIRTUAL 5K
(FOR A GOOD CAUSE)

How can you participate?

1. Go to the 5k Challenge web page: <https://crossvilletrails.com/v5k/>
2. Register between March 21 and April 21, 2021. (Each individual needs to fill out a form.)
3. Pay the registration fee using the “donate” button - \$25.00. (Only \$5.00 for participants 16 and under)
 - a. \$5.00 for the production and postage for your medal.
 - b. \$10.00 for the Peavine Care Center Food Bank.
 - c. \$10.00 for the construction and maintenance of trails by FOTT.
4. Invite your family/friends to register and join you.
5. Walk, run, or bike 5K (3.1 miles.) This race is “virtual” so you can do it any day in April, 2021, on any trail or walking path of your choice in Cumberland County. Find trail choices and maps at: <https://crossvilletrails.com/trails/>
6. Optional : print out the race bib on the page to wear while you participate.
7. Optional : record your time on the link on the page when you finish.
8. Optional : post pictures of you and your fellow participants on the FOTT Facebook page: <https://www.facebook.com/groups/Gladetrails>
9. Medals will be mailed to all registrants in May, 2021.
10. Questions? Send an email to crossvilletrails@gmail.com

Most of all, have fun, and know that you have made a difference.

