

38th ANNUAL

Salem-Keizer Education Foundation

AWESOME 3000



PROUDLY SPONSORED BY:



ACTIVITY VILLAGE
SPONSORED BY:



Register online today!

[skeducationfoundation.org/
awesome-3000](http://skeducationfoundation.org/awesome-3000)

ENTRY FEE: \$25 preK-12 & special needs

complete your run by

June 13, 2020

Presenting Sponsors



Special Run Sponsors



It's Virtually AWESOME!

Register Online TODAY!

skeducationfoundation.org/awesome-3000

Virtually Awesome 3000 is coming to a neighborhood or park near you!
It's super simple!!

3 Easy Steps to the Virtually Awesome 3000

ENTER ONLINE

1 Visit skeducationfoundation.org/awesome-3000 to register.

Registration closes **JUNE 1st!**

PICK UP EVENT PACKET

2

Pick up your Awesome 3000 event packet
Thursday, June 4th or Tuesday, June 9th
between 10am and 2pm at 223 Commercial St NE

Friday, June 5th or Monday, June 8th
between 8am and 6:30pm location TBA

Packet pickup location will be emailed to registered runners

Run packets not picked up by
3:30pm Tuesday, June 9th will be forfeited.

SELECT A SAFE PLACE TO RUN.

3

Find a safe place to run in your neighborhood or use the walking/running trails at one of our city parks. Remember to social distance and **DO NOT** run in areas that are closed or involve car traffic.

HOW FAR DO I RUN?

Grade/Gender	Distance in feet	Distance
Middle & High School	9,843	3k
3rd - 5th Grades	6,562	2k
K-2nd Grade	4,921	1.5k
Special Needs/Pre-K	984	300m

Runner Packets

Runner T-shirts and medals are included in your run registration. Don't forget to pick up your packet before 6:30pm on Monday, June 8th.

Only \$25 to register!

Choose your date

Find the best time for you and your family to run.

on or before June 13th

The COURSE

The course is up to you. We have provided the distances for each age level below. Chart a course in your neighborhood that is safe and free of vehicle traffic or head out to the walking/running paths at one of the city parks*.

*(City park trails are open, facilities, water fountains and playgrounds remain closed.)

The Results

Send us your photos, videos run times and distances along with your runner's name and grade level and we will post the results on our website.

Be AWESOME!

Social Distancing/Personal Protection is important.

Maintain at least 6ft between yourself and others when possible

Use a face covering when you are not running or around groups of people

Wash your hands frequently

Cover your mouth when you cough.

Supervise your runner at all times

Run or ride your bike alongside your runner

Take photos/video along the way

Don't forget the high-fives and medal at the end