

VIRTUAL 5K & 10K

EVENTS:

INDIVIDUAL: Men and Women: 5 Kilometers
 Men and Women: 10 Kilometers

Offered in the following age categories:

18 – 29	45 – 49	65 – 69
30 – 34	50 – 54	70 – 74
35 – 39	55 – 59	75 +
40 – 44	60 – 64	

GUIDELINES

Welcome to the 2021 US Police and Fire Championships 5K and 10K races – VIRTUAL EDITION. The USPFC is proud to be partnering with Easy Day Sports to produce this year's races virtually. We are also excited to announce that we have opened this event up to anyone who would like to participate.

Virtual Race Requirements:

- Register here on the USPFC site (insert link)
- Complete the 5K and/or 10K any time between June 10 and June 18, 2021
- Virtual 5K and 10K can be completed on a track, roads or trails
- Athletes are welcome to use Strava for tracking to provide a verified time
- Athlete must grant USPFC and Easy Day Sports access to Strava activity for official review and confirmation
- All results must be recorded in Strava no later than 21:00 Pacific Time on June 18, 2021
- If you have questions on how to upload your results- review our how to guide here. <https://easydaysports.com/wp-content/uploads/2020/05/How-to-Guide-Easy-Day-Results-Tool.pdf>

Results and Awards

- Progress times will be available throughout the week through the link on the USPFC Results page
- Final finish times will be posted to USPFC Results Page on June 19, 2021
- All participants will receive the 2021 USPFC Challenge Coin, an event t-shirt and their running bib.