

VIRTUAL
DR. SANFORD J. SIEGEL
PROSTATE CANCER RUN/WALK



Join us for a Virtual 5K to Help End Prostate Cancer!

Fundraise and Support Prostate Cancer Patients and Families

September 26, 2021 | 9:00 a.m. EST

Don't miss out!

The Virtual Dr. Sanford J. Siegel Run/Walk (part of the ZERO Prostate Cancer Run/Walk series) will be held through the Charge Running App! We'll all run/walk together at the same time, but it'll be on whatever course you choose. You'll hear live coaching and music along the way, be able to use the app chat feature to connect with other participants, and see a live leaderboard of results.



**CHARGE
RUNNING**

- Available for Apple & Android Smartphones
- Real Time Leaderboard & Race Timing
- Live Coaching & Music
- Participant Chat Room
- Post Selfies Along Your Route

Questions? Email us at races@zercancer.org or call 202-303-3110.

zercancer.run/baltimore

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How to Access the Virtual 5K Dr. Sanford J. Siegel Run/Walk Run/Walk on  CHARGE RUNNING

We have worked hard to make sure this is a next level virtual race experience by partnering with the Charge Running app.

1. Download the App

In your smartphone app store search “Charge Running” and look for an orange app icon.

2. Set up your Charge Running Account

Follow the prompts to create an account and choose your location preferences.

3. Sign Up for the Virtual ZERO Run/Walk

Under “Events, Runs” select “Dr. Sanford Prostate Cancer 5K” for September 26.

Want an easy way to find the right event, just use your smartphone to scan the QR code (to your right) and if you're signed into the app it'll select the event for you.



4. Plan Your Route

You're running/walking on your preferred 5K course, we recommend planning your route in advance.

- *Outdoor runners: Make sure you are running in an area with good cell coverage.*
- *Indoor runners: Make sure that your phone is moving with you while on the treadmill (hand, armband, side pocket). Apple Watch users can integrate and put the phone in the cupholder.*

Worried about no wifi? In a 45-minute Charge run, Charge utilizes about 35 megabytes of data. To put this into perspective, it is the same amount of data as a 5-minute online video.

5. On September 26 2021, Open the App to Join the Run/Walk and Get Moving

Make sure to join a few minutes before the start time, 9:00 a.m. ET (if you set your location, the app will show you the start time in your time zone). To join, go to your profile (in the bottom right corner) and look at the “Scheduled” tab to select “Dr. Sanford Prostate Cancer 5K”

6. Let Your Friends and Family Know You're Fundraising!

Make sure to share your personal run/walk fundraising page and encourage your friends and family to make a donation to help end prostate cancer. Before, during (stay safe!) or after the run/walk, post a selfie or go live on social media and let everyone know you're taking part to support the many patients and families affected by this disease.



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