



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOBBLE WOBBLE VIRTUAL 5K



Join our virtual walk/run 5K on November 27, 2020. The race will be open from 12:00am until 11:59pm. Since this is a virtual race and open all day, it gives you the freedom to choose when and where you'd like participate! Challenge yourself & others!

HERE'S HOW:

- 1 Download the Just Move App on your smartphone
- 2 Sign up
- 3 Click Rank located at the bottom left
- 4 Click Group located at the top left and join the Franklin Co. YMCA group
- 5 Click Home located at the bottom in middle
- 6 Click Challenge located right above the Home button
- 7 Click My events located at the top in the middle
- 8 Click Join under the 5K Gobble Wobble
- 9 Click Run this race and DONE!

**On race day follow steps 4,5, & 6 and Click Run to track your time and distance to be entered in for a chance to win a Swag Bag (includes water bottle, Y shirt, and 3 FREE Inbody scans.)

FREE for Members
\$10 for Non-Members

www.franklincountyyymca.org

Need help getting started? Join our FREE virtual couch to 5k program by visiting our Facebook Page!