



Diamond Dash 7.5k

Virtual Race Info

WHAT IS A VIRTUAL RACE?

A virtual race can be done anywhere and anytime, even indoors. For the SMS virtual race you can run, walk, paddle, pedal, skip, swim, or whatever moves you. You choose 7.5K or 7,500 steps all at once or over time.

WHY A VIRTUAL RACE?

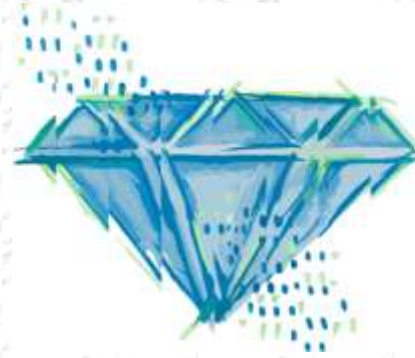
Saint Mary's School is celebrating **75 years** – the **diamond anniversary!** While Covid-19 may keep us from celebrating together, we can still show our support of SMS and participate in #75yearsrunningstrong.

WHEN & WHERE CAN I DO THIS?

You can participate ANYTIME & ANYWHERE between September 18th and noon on November 14th, 2020. And the **best part is that you do not have to do all of your miles/steps at one time or in just one way!** Use your weekends to log your miles, save it for an upcoming vacation, or whatever fits your schedule. You can go for family walks every night to reach the goal as a family – whatever fits best into your life! You can do this in your neighborhood, on a treadmill, paddleboard, trail, bike, river, or mountain – **whatever moves you!!**

WHO CAN DO THIS

Anyone can participate – from the youngest to the oldest! Sign-up the whole family and walk every night after dinner, sign yourself up and start a new fitness challenge, sign-up with relatives across the country, or the world, and pick a time to walk “together.” There are so many ways to #moveforStMarys



DO I HAVE TO LOG MY TIME?

You do not have to log your time – everyone will receive a medal when registering. All we ask is that you post a selfie on your social media accounts and tag us @smsrome #moveforStMarys #SMSDiamondDash #75yearsrunningstrong. You may be randomly chosen for some fun prizes and shout outs from the Diamond Dash Race Team!

HOW DOES IT WORK?

Simply register at: <https://forms.gle/2hJkhMZ7m1sZrXLHA> or use your phone's camera to scan the QR code below. You can pay through our “Donate” button on our website, <https://smsrome.org/>, through FACTS if you are a current SMS family, or send a check to our school at 401 East 7th Street, Rome, GA 30161. Prices are: St. Mary's Student \$25.50, St. Mary's Alumni \$30.50, Race Participant: \$35.50, Race Shirt ONLY: \$18.50. **If you register before October 2nd, you are guaranteed to receive a race themed shirt with our “Virtual Diamond Dash ” logo on it (seen above), commemorative race bib, and medal.**



Check us out on Facebook at: <https://www.facebook.com/StMarysDiamondDash> & on Instagram @StMarysDiamondDash