



Nordonia Knights Virtual 5K



Sponsored by Nordonia Track and Field

Celebrate your Miles in May by ending with a 5K

Who can participate:

- Students
- Parents
- Staff
- Community Members



How it works:

- Train to walk, hike, jog or run 1 mile or 5k (3.1 miles)
- Check out the Couch to 5K [4-week training plan](#)
- **AFTER** completing your 5k or 1 Mile fun run click on the link to log your information and time
 - ◆ <https://tinyurl.com/nordoniavirtual5k>
- Share your success and post pictures with #nordoniamiles
 - ◆ How creative can you make your finish line pictures?

What you get:

- A certificate of completion when submitting your form
- Entered into drawing for free door prize giveaways

Deadline to Enter 5k:

- May 31st
- Door prize drawings will be held on June 2nd

Don't forget to log your training miles at <https://tinyurl.com/nordoniaextramile>
Going the Extra Mile for Nordonia May Challenge