



Virtual Summer Series - FAQs

What is the Virtual Summer Series?

This event was created to encourage fitness and connection in our communities, during a time of physical distance. It is a three-part event that includes biking, running, and walking, but you are able to register for just one of the legs if that's your preference! Our goal for this event is to also raise some funds for Special Olympics Alberta athletes! We are sure you will virtually meet some pretty great athletes who benefit directly from your fundraising efforts!

What are the event dates?

This three-part series has suggested time frames for each leg of the event and we encourage people to complete the events during the suggested 30 day time frames (bike from June 15-July 15, run from July 15-August 15, walk from August 15-September 15). Because we are an organization of inclusion, distances will continue to be accumulated in our overall totals no matter when they are completed but will register on the progress thermometer once that leg officially starts. The series wraps up on September 15.

What legs are included in this Virtual Summer Series?

It is suggested that participants focus on one event at a time and complete the full leg before proceeding to the next.

Biking Leg – Distance Goal Options: 25km, 50km, 100km, 250km, 500km, 1000km

Running Leg – Distance Goal Options: 25km, 50km, 100km, 250km, 500km

Walking Leg – Distance Goal Options (*in # of steps*): 25,000, 50,000, 100,000, 250,000, 500,000

* If you complete all three event legs, you will earn the 2020 Virtual Summer Series medal!

Who can participate in this event?

This event is open to the public. We are encouraging everyone to get involved, to stay active and to use this event to get connected with your community and other participants. With a variety of distance goals, people with most fitness abilities can participate!

What are the incentives and fundraising levels?

We are very grateful for all fundraising efforts, little and big! All funds will stay in Alberta and will support over 3,300 athletes with intellectual disabilities. Even during this time of pause in our typical programming, our athletes are still being supported virtually with mental and physical programming!

Incentives for the 2020 Virtual Summer Series and respective fundraising goals are:

\$125 – 2020 Event T-shirt

\$500 – Bluetooth earbuds + 2020 Event T-shirt

\$1000 – Brand name running jacket + Bluetooth earbuds + 2020 Event T-shirt

Law Enforcement Torch Run for Special Olympics Alberta

3, 12122 68 Street NW, Edmonton, Alberta, T5B 1R1

Tel (780) 644-5279 / 1-800-444-2883 | www.specialolympics.ca/albertatorchrun

Facebook | Twitter | Instagram: @AlbertaLETR

Recognized as the official "charity of choice" of the Alberta Association of Chiefs of Police. All funds benefit Special Olympics Alberta.





What is the overall event fundraising goal?

Our goal is \$50,000, which will go towards supporting Special Olympics athletes province wide.

Can I choose different distance goals for each leg?

You bet! If one of the events is more your thing (or one of them is really NOT your thing), you can set a higher goal for that leg of the series. Just remember, only those that complete all three legs will earn the 2020 Virtual Summer Series medal!

Can I use indoor equipment to complete my goals?

Yes, you can! Exercise is exercise, whether you're on a treadmill or a path, or using a recumbent or a road bike. We love the imagination!

Do you have any event hashtags or a Facebook event?

Why yes, we do, thanks for asking! Our event hashtag is #VirtualSummerSeries, and while you're sharing your progress during each leg, you can use #VSSBike, #VSSRun, or #VSSWalk!

We also have a Facebook event that you can attend, invite others, and share your progress:

<https://www.facebook.com/events/869471773552104/>.

Do I have to be a resident of Alberta to participate?

This event is open to anyone and everyone, worldwide!

What happens if I don't meet my goal(s)?

That's ok! The Special Olympics athlete oath encourages all of us to be brave in the attempt. With that in mind and at heart, as long as you're trying your best, you're doing a wonderful job!

Who do I contact if I have more questions?

For general inquiries, please contact Matt at sw.albertatorchrun@gmail.com.

For promotions and sponsorship, please contact Chelsea at cfidler@specialolympics.ab.ca.

For technical and website questions, please contact Justin at jhebert@specialolympics.ab.ca.

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