



1-Mile Virtual Fall Fun Run 2020

Saturday, December 5th

Every year, Chicago Run holds biannual 1-mile Fun Runs. This year we are going virtual to safely celebrate and honor our students, teachers, and families who have made a commitment to health and fitness. Join us on December 5th and walk or run 1-mile in your own neighborhood on your own time! This is a **free** event for everyone to join.

How it works

- **Step 1:** Complete registration [here](#)
- **Step 2:** Create your own race bib (instructions included)
- **Step 3:** On **Saturday, December 5th** get out and run/walk 1-mile
- **Step 4:** Share photos and videos of your 1-mile run/walk with us on social media using #ChiFunRun and tag @ChicagoRun on Facebook and Instagram



What's included

- Instructions to create your own race bib
- Zumba warm-up for you to do before your walk/run
- Yoga cool-down video for after your run
- Printable finisher certificate
- Winter Wonderland Family Fitness exercise calendar



Online Resources

To find healthy resources that you can use at home, visit chicagorun.org/family. Resources include healthy games, at-home activities, challenges, and worksheets.