

Virtual Races



PLANO BALLOON FESTIVAL HALF MARATHON/10K/5K/1K

FAQs

How does a 'Virtual Run/Walk' work? Where do I run/walk it?

A virtual race unlike a traditional race can be run at any time and can be run anywhere. Participants can run, walk, use a treadmill, use a trail, in your neighborhood, on the beach or even run in another race concurrently. Hence, Your Place, Your Pace! Participants can run/walk this race at any speed you'd like. But you must complete the distance you signed up for!

When do I run/walk?

You can run/walk anytime, but if you wait to participate during the "Virtual Race Weekend" you can run with others using the RaceJoy app and receive cheers and track other runners too! You will have through the end of September to submit your results.

When do I receive my shirt, bib and finisher medal?

We will do mailings on September 7, 11 and 15 so that you can have your race shirt, medal and bib before the virtual run dates. If you register after September 14, 2020 we will mail out those packets on September 21, 25 and October 1.

How do I submit results?

You can submit results online here: runsignup.com/Race/Results/43926

Is there a way to track other runners and friends?

Yes, you can track other runners and friends by using the RaceJoy App. racejoy.net/about-the-app



Tell me more about RaceJoy, is it free and how do I download it?

During virtual race weekend, bring your phone and use the RaceJoy app and we'll send you cheers all along the route. The app also tracks your distance! And you can track other runners and send them cheers too. And you can also invite your family and friends to spectate and follow you on the app too! The app is free and you can download it here: racejoy.net/download

What if I get injured and can't run/walk on the virtual race weekend?

Oh no! You can complete the virtual run anytime, even after the race. Results will be accepted through the end of September.

Where do I post photos?

We want to see your photos, especially with your finisher medals and/or race shirts and bibs! Post them, share them and show us your virtual race experience. [Post photos here!](#) Prefer Instagram? Post your photos and tag #PBFACES. Everyone who posts their photos and tags on Instagram will be entered for a chance to win (2) free entries into the 2021 Plano Balloon Festival Races (2 winners will be selected each day of virtual race weekend!).

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VIRTUAL RUNNING TIPS

Set a GOAL!

Set a goal for your race! Picking a goal can offer some motivation to keep training and help you stay on track. Many runners like to have a performance based goal like “I want to finish this race in X amount of time,” and this is great, but your goal doesn’t have to be so specific. Choose a goal such as running the whole race without stopping or walking, or perhaps you want to finisher faster than your last race or have a ‘negative split’ which is running the second half of the race quicker than the first half.

Just make sure your goal is **SMART – S:** Specific, **M:** Measurable, **A:** Attainable, **R:** Relevant, & **T:** Timely. Choosing a date, such as running the race during the virtual event weekend on September 19-20 will give you a deadline, plus you can join in the fun on the RaceJoy app!

Follow a Training Plan

Choose a plan and then train! Having a program to follow and knowing when and how often to run/walk will keep you training, keeping on track and will allow you to safely increase your distance and train for the virtual race weekend.

Make it Fun, Mix it Up, Get a Buddy!

Follow the event on [Facebook](#) for weekly motivation, training tips from the PBF Pacers, promotions and see other runners/walkers too! During your training runs, mix it up, change up your route, hit a new trail or a new park so that you don’t get bored. Find a training buddy to stay on track with virtually and set a time to talk with them weekly and check in to see how you are both doing in your training.

Virtual Race Day Tips for Success

1. Prepare for race day in advance. Plan a route that you love! The benefit of a virtual race is that you can run wherever you want, it can be your favorite trail, neighborhood route or on the treadmill. Just find the place that makes you feel the most comfortable (and where you can have water ready too!).
2. [Download the RaceJoy app](#) several days in advance so that it’s ready to go on race day and you will not be delayed. Send out the app information to friends and family so they can track you and send you cheers along the way too.
3. Do not change anything, no new clothes, no new shoes, do what you’ve been doing in training!
4. Put your race bib on, take some photos before, during and after the race (with your finisher medal), and post those babies on social media. Show OFF! You earned it!
5. Make your own start/finish line. Get out the sidewalk chalk! Banners, streamers, balloons, make it fun and invite your neighbors to come out and watch you start (and finish if they are tracking you). They can socially distance and cheer you from their lawns!
6. Make sure to run at the best time of the day, September can be hot so run early in the morning before it gets too hot outside. Virtual race weekend will start at 7:30 AM on Saturday, September 19 and at 7 AM on Sunday, September 20.
7. You can pause your run at any time. We’re not encouraging you to do it, but there is flexibility with being virtual. Since you are running your own course, and if you have something like a traffic light to wait at, you can pause it...nobody is watching. But be honest!
8. Are you a Strava user? RunSignUp has an integration! Check it out here: runsignup.com/Race/PBFRaces/NationalSponsor/Strava