

## When and where can I run/walk?

This is your virtual PGDC 15K, 5K, Half Marathon and/or 8K. You can complete it whenever and wherever you want...we want you to make the experience your experience.

*Please remember to stay hydrated, to run, or walk in an area that is safe from a physical perspective, and also, please follow all COVID-19 physical distancing guidelines that have been laid out by your local government.*

## How do I track my distance and time and, how do I submit my results?

For tracking and results submission, the Flashback To February Virtual Run will utilize the free ASICS Runkeeper GPS Tracking App, official Tracking App of the 2021 Publix Gasparilla Distance Classic Race Weekend. ASICS Runkeeper syncs seamlessly with Apple Watch, Garmin Watch, Fitbit, My Fitness Pal and more.

If you don't have a tracking device such as Apple Watch, a GPS watch or Fitbit, that's OK too. Once downloaded to your iPhone or Android Device, the ASICS Runkeeper app can be utilized to track your virtual run/walk.

**48-hours after completing your Flashback to February Virtual Run registration**, you'll receive an email prompting you to download the ASICS Runkeeper app. This email will also provide detailed instructions for tracking a virtual run/walk, and how to post results to the Race Roster dedicated Flashback To February Virtual Run leaderboard results page.\*\* If after 48-hours, you haven't received this email, please check your Junk Folder.

**\*\*Although suggested for enjoying the complete Flashback to February Virtual Run experience, Results Posting isn't required.**

## How long do I have to complete my run or walk?

As much time as you need, but if you'd like a finisher's certificate to commemorate your Flashback To February Virtual Run, we ask that you complete your run or walk and upload your results prior to October 31, 2020.

## Do I need to submit a Finish Time/Results to get my 2020 PGDC Finisher's Medal?

**No.** If you paid for shipping, your finisher's medal will arrive with the rest of your Booty. If you selected Pick-Up at one of the available Tampa Bay Area running specialty stores, all of your Booty, including your finisher's medal, will be available for pick-up.

