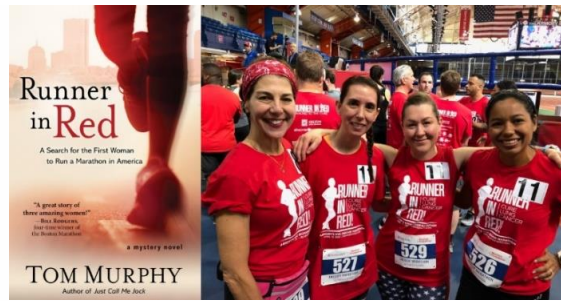


## RUNNER IN RED 5K - Racing to Cure Lung Cancer



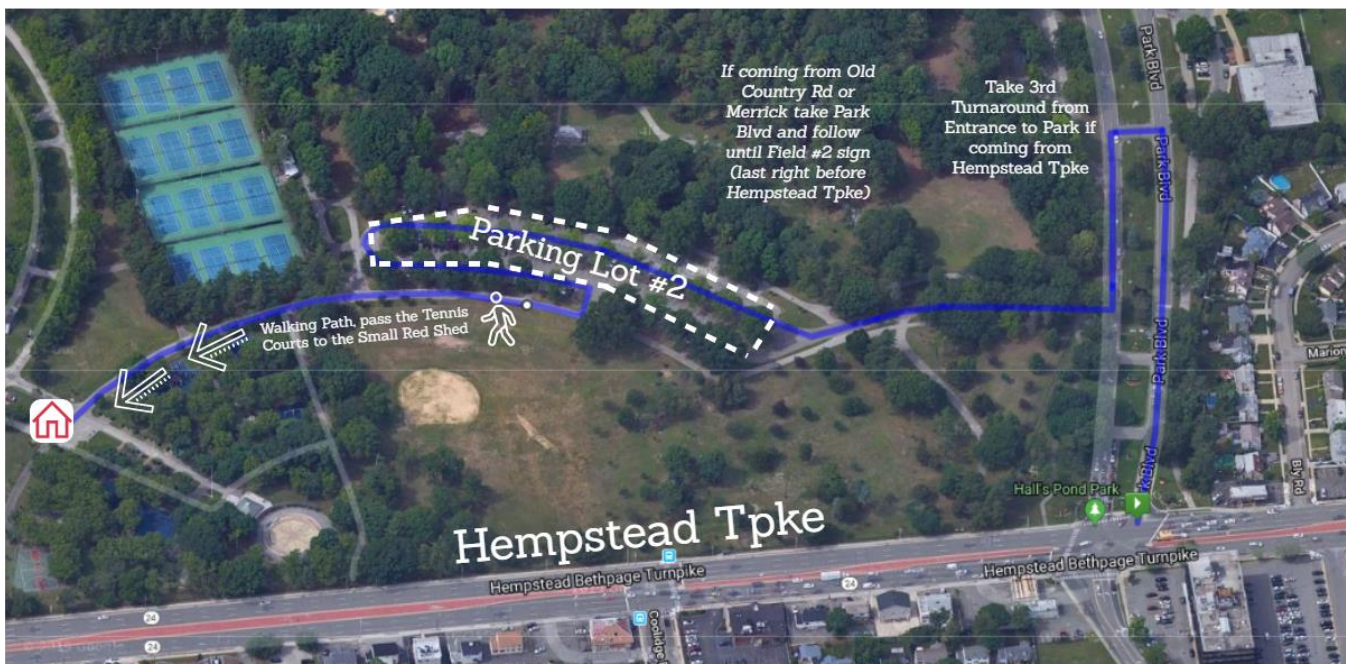
**VIRTUAL OPTION STILL AVAILABLE** The NY governor is banning events of 500 or more. Our Runner in Red 5K, with its participants, volunteers and spectators will exceed that size, and thus we've asked our race manager, elitefeats to postpone our Sunday race. **QUESTIONS** Tom Murphy at [tom@tommurphy.org](mailto:tom@tommurphy.org) or call 360-731-0603

Here's how the Virtual Run will work.

1. Go for a run on your own, with family or friends.
  2. Go to the Runner in Red result page <https://elitefeats.com/race-results.asp?ID=20145>
  3. Search for your name and click 'update'
  4. Enter your time, upload a selfie and/or picture of you on your running app (suggestion: wear something red!)
- ALSO, you can post on Instagram at #RunnerinRed.

### RUN THE USATF CERTIFIED COURSE SEE [MAP](#)

If you decide to run the address is Eisenhower Park Field 2 1899 Hempstead Tpke, East Meadow  
**ENTERING THE PARK:**



PURCHASE NOVEL TO SUPPORT THE CAUSE  
[Click here](#) for the website to purchase a copy