

Be Part of Something Special

Announcing Bell Int. Virtual 5k

We all know exercise helps our social, emotional, and physical health. So let's be part of something special by participating in Bell's Virtual 5k, Saturday, May 30th! Walk, run, or hike your way through a 5k (3.1 miles). We invite all family members to be part of the event. All Bell Intermediate students who participate and submit a notice of completion will receive an official Bell Intermediate Virtual 5k medal. Some examples are a picture of their finish line, a health app such as Map My Run, Nike Running Club, iPhone health App, a Fitbit, or a Google Map of the course completed. Notice of completion will be submitted through a Google Form in the Virtual 5k Classroom. Medals will be distributed in our closeout package the week of June 8th.

Join the Virtual 5k Google Classroom to Sign- up

Google Classroom Code: ytusdfe

1. *Sign Up.* Let us know your family is participating by joining the Google Classroom and completing the Google Form. There is no cost to participate.
2. *Download and print the 5K participant bib.* It will be emailed to all participants. Don't have a printer? No problem. Feel free to draw your own bib. Be creative and show your Bell pride! [Download a participant race bib now!](#)
3. *Show your school spirit.* Wear your racing bib and show your Bell pride. Wear our school colors or your Bell shirts and hats on your run.
4. *Tune in to a live stream warmup.* We will live stream a warm-up on Facebook Live May 30th at 8:50 a.m. and 5k kickoff at 9:00 a.m.
5. *Hike, walk, or run your 5k.* A 5K is 16,404 feet, but please feel free to go any distance that makes sense for you around your neighborhood, backyard, living room, or home gym.
6. *Honor social distancing.* Make sure to follow local health guidelines and maintain proper social distancing.
7. *Take Pictures.* Celebrate that you were part of something special by sharing photos before, during, and after the event using social media hashtags. Share photos with us on social media using *#BellVirtual5k*
8. *Report Completion.* Don't forget to log in to The Virtual 5k Google Classroom and record your 5k completion form so we can honor your accomplishment with a medal.

