

# The Nexus School VIRTUAL 5k Run and Walk



**April 30 - Saturday, May 22, 2021**

## LOCATION

**Anywhere in your neighborhood, local track, hiking trail, treadmill, local gym.** There will be three locations throughout the Philadelphia region to come out and complete your race with some Nexus cheerleaders to support you.

The following locations will be offered as an in-person option **starting at 10:00 in the morning on May 22, 2021:**

**Philadelphia County: Wissahickon Trail in Fairmount Park (Entrance on Northwestern Ave & Andorra Rd, Phila, PA)**

**Bucks County: Central Park (425 Wells Road, Doylestown, PA)**

**Montgomery County: Mondauk Common Park (1451 Dillon Road, Ambler, PA)**

## COURSE

Anything you create! 5K = 3.12 miles. 3.12 miles = 12.5 laps around your local track

## REASON TO PARTICIPATE

Because YOU CAN! Proceeds will go to benefit the curriculum and technology for students at the Nexus School, a small school making a big difference for individuals on the spectrum.

## EVENT FEES / ONLINE REGISTRATION

Entry with local shirt pick up \$25 if registered by April 16<sup>th</sup>, after April 16<sup>th</sup> for \$30, shirts guaranteed with local shirt pick up. Shirts may be picked up at 2801 Woodland Road Abington, PA (corner of Woodland Road & Pershing Ave.) on May 15, 2021 between the hours of 9:00 am – 12:00 pm, May 17, 2021 between the hours of 3:00 pm – 6:00 pm, or May 21, 2021 between the hours of 3:00 pm-5:00pm. Please email [virtual5k@thenexusschool.org](mailto:virtual5k@thenexusschool.org) if a different pick-up time is required.

Entry with Shirt Mailed (outside of Philadelphia region only) \$30 if registered by April 16<sup>th</sup>, after April 16<sup>th</sup> \$35, T-Shirt guaranteed. Mailing of T-Shirts not guaranteed prior to the May 22 date.

Online Registration ONLY - Available at <https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes at midnight, the Saturday May 22, 2021)

## SHIRTS & MEDALS

With each registrant, a t-shirt and handmade medal will be given. We have both adult and child sizes available. Our medals are handmade by the students at the Nexus School.

Cotton Short-sleeve T-Shirt Sizes: ADULT - S M L XL XXL CHILDREN – S M L XL

## RESULTS

Complete 3.12 miles (5K), record your time (even tag us on social media with a picture of your watch face, and you!)

Your results must be sent to us by email at: [virtual5k@thenexusschool.org](mailto:virtual5k@thenexusschool.org) You must submit your time by

**Hr:Minute:Sec No later than Saturday May 22, 2021 at 10:00 PM** to have your effort be included in the final Virtual Race Results. Results will be posted to Pretzelcitysports.com by the end of the first work day following the race.

## RACE DIRECTOR

Vicki West, The Nexus School;

Phone: (215) 657-2434 or Email: [virtual5k@thenexusschool.org](mailto:virtual5k@thenexusschool.org) ; Website: [www.thenexusschool.org](http://www.thenexusschool.org)