



First Time Virtual 5K Tips

If you haven't participated in a 5K before, here are the steps you need to follow for a successful event.

QuadMed advises you to consult with a physician before starting a new physical activity program.

What is a 5K?

- A 5K is a five kilometer run, which is equal to 3.1 miles.
- Whether you are a seasoned runner or someone just looking for a fun, healthy outdoor activity – our virtual run/walk/roll lets you go at your own pace on your own schedule.
- You are allowed to take as long as you need to complete the 5K.
- Our virtual event is open to all ages and abilities.

First Step: Find a Good Pair of Running Shoes

- Feel free to use shoes you already have if the tread is not too worn, and they feel comfortable.
- You may also consider purchasing a pair of running shoes from a running store. A good running store can assess your gait and help you find a shoe that will fit you well.
- Good running shoes are necessary for the proper support your feet need to run or walk without pain or injury.

Second Step: Register for the Event

- The Quad Virtual 5K will take place the week of July 11-18, 2021
 - Participants can register on the QLife Physical page.
 - You can complete your 5K any time during that week.
 - We encourage you to wear your Quad 50th anniversary T-shirt for your 5K – and snap a selfie!

Third Step: Begin Training for the Event

- Tell friends and family about the event. They can hold you accountable and cheer you on as you work toward your goal – and they can even register and join in on the fun!

Running Safety Tips

- If you are running when it is dark outside, wear light-colored or reflective clothing and bring a light or flasher. Stay aware of your surroundings as you run.
- A good safety rule is to use the "buddy system." Runners should also let someone know where they are going and how long they will be gone.
- Bring water with you to stay hydrated.

Receive Credit in QLife for Completing the Quad Virtual 5K

- Quad Virtual 5K qualifies as a Well-being Activity for QLife Rewards.
- It is open to all employees and spouses enrolled in a Quad medical plan.
- Submit your 5K time for credit towards [QLife Rewards](#) if you are an employee or spouse on the health plan by filling out [this form](#).



*You must complete the Quad Virtual 5K between July 11-18, 2021 to count as a QLife Well-being activity.

Additional Support

- If you are a Quad employee, spouse or dependent on the health plan and would like additional support in your physical activity goals, free health coaching is available! Call 1-888-417-1001 today to set-up an appointment!

Questions? Contact quadwellness@quadmedical.com