

## Virtual 5K Food Drive

Las Sendas has partnered with the St. Mary's Food Bank to host a virtual food drive and 5K beginning May 9<sup>th</sup> and going through the end of the month. CCMC communities across the valley will also be participating – we hope to bring our communities together to support our local food bank during a time that they desperately need it.

COVID-19 has dramatically increased the need for St. Mary's Food Bank services. Here a few of the statistics provided by the food bank, showing the dramatic increase in need for meals during this time:

- From March 1-12, 3,500 people visited the "Get Help" section of the food bank website. As of March 26, 28,000 people visited the page for assistance.
- On a typical day, about 500 people show up to the food bank distribution center in downtown Phoenix. They are now averaging between 1,000-1,500 visits per day.
- The food bank receives 18% of their food supply from grocery stores – about 1 million pounds per month. They have experienced about a 75% decline in the amount of grocery rescue donations.

## HOW TO PARTICIPATE:

### STEP #1 - DONATE

1. Residents who are interested in participating in the Virtual 5K may enter the race by donating \$5 minimum to the St. Mary's Food Bank via the CCMC link (\$5 = 35 Meals).
  - a. LINK -> <https://bit.ly/2yrnU2M>
2. If residents would like to make a larger donation, or make a donation without participating in the 5K, they can also do so through the same link.

### STEP #2 – COMPLETE A 5K (3.107 MILES)

1. 5K participants should use Map My Run (Free App) to map their 3.1 mile run/walk/bike or any other fitness tracking app/device. (Apple Watch, Strava, Garmin Connect, etc)
  - a. Download it here -> <https://www.mapmyrun.com/us/>
2. Participants can use any route they'd like, and are encouraged to practice safe social distancing when utilizing trails and common areas in the community. Map My Run and Strava provide a number of routes mapped by past users based on your current location.

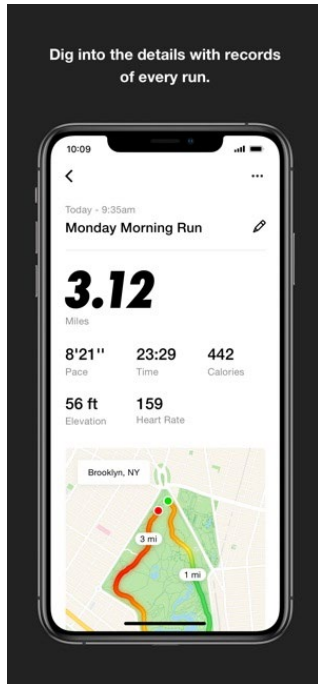
### STEP #3 – SUBMIT YOUR STATS BY MAY 31 AT 5PM

1. Once the 5K is completed, participants should submit a screenshot of their logged 3.107 miles via email or social media DM **before 5 p.m. on May 31, 2020**. The screenshot must show some kind of proof that you completed the 5k on a day between May 9 and May 31.  
(See below for examples)
  - a. Email Morgan at [mcollins@thetrailhead.org](mailto:mcollins@thetrailhead.org)
  - b. DM on Instagram or Facebook @lassendasarizona

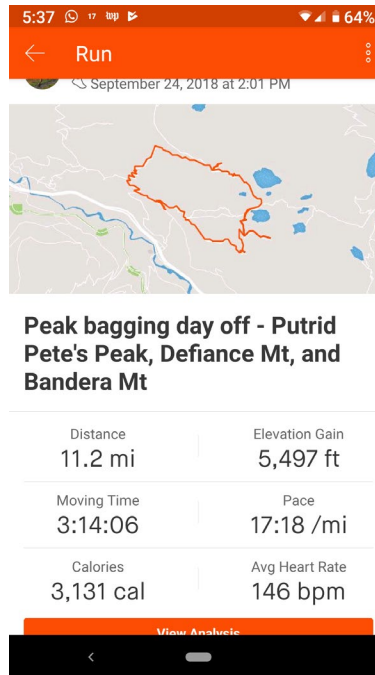
- Prizes will be awarded to the top 3 fastest times from those that submitted screenshots and donated. Everyone that participates will be entered in a raffle for prizes as well!

## Screenshot examples

Nike Run Club App



Strava App



Apple Watch Activity

