

# TIPS FOR A SUCCESSFUL HENNEPIN 5K

Make your virtual Hennepin 5k (June 14 through June 20, 2021) a success with these tips.



## Plan your route

A 5k equals 3.1 miles. Depending on where you plan to participate, you may need to map a route. Tools like [Map My Walk](#) or [Milemeter](#) can help you do so. You can also use one of the Hennepin 5k maps if you are near or on-site.



## Get your body ready

Start a Journey in Virgin Pulse (ex. Walk Your Way to Fitness) to help build strength and endurance before the event. A variety of free trainings apps are available (ex. [Couch to 5k](#)). Before you head out for your 5k, [join Hennepin County HR employee Jen Stoner in a warm-up](#).



## Connect with others

Join the [Hennepin 5k social group](#) in Virgin Pulse to connect with other 5k participants. Share encouragement and post event selfies and photos. You can also post social media shareables or photos on social media using #hennepin5k.



## Be safe

Follow physical distancing guidelines. Avoid routes with high pedestrian traffic. Participate during off-peak times like early morning. Obey traffic signals. And please do not participate if you are feeling sick or exhibiting [COVID-19 symptoms](#).



## Make it fun

Jazz up your start/finish line with chalk art or share messages of gratitude along your route. Make a sign hyping your department or division. Wear previous Hennepin 5k gear – or get creative with your attire! Remember to take photos and share them.



## Cheer on your colleagues

Use the [Hennepin 5k social group](#) to cheer on and congratulate your coworkers. You could also consider doing the event at the same time (or kicking-off the event) with your team members over virtual platforms like MS Teams.



## Celebrate your accomplishment

Completing a 5k is an achievement! Recognize your great effort with a [personalized finisher certificate](#). Celebrate with others on the [Hennepin 5k social group](#) by posting your photos. And remember to self-report your participation in Virgin Pulse to receive wellness points.