



## **Barber Beast on the Block – Virtual Race – FAQs**

### **What does the virtual event cost?**

The Barber Beast on the Block virtual 5K costs \$25 to register in the U.S., \$35 to register outside of the U.S.

### **What do I get with registration?**

With registration, you will receive:

- Awesome 2020 finisher shirt complete with our Beast on the Block logo
- Comfortable face covering perfect for a stroll or workout (you can never have enough!)
- Link to a one-of-a-kind Beast podcast to listen to while you're running or walking
- Virtual medal to humble-brag with on social media
- Participant bib PDF to print and pin on for those virtual 5k selfies

### **What can I expect once I register?**

Once you register, Active will send you a confirmation email immediately after your purchase.

On Friday, Sept. 11, you can expect another email via Active with a podcast recording link that will guide you through your virtual 5K with fitness challenges and motivation from some familiar voices, a virtual medal to share on social media, a bib to print and wear, directions on how to submit your timing results and other event details.

You will have from Friday, Sept., 11 – Monday, Sept. 14 to complete the virtual 5k, send in your mid-run selfies and submit your timing results.

After the event has wrapped up, look for your hard-earned finisher shirt and face covering in the mail.

**Is the cost of shipping the participant shirt and face covering included in the price of registration?**

Yes! The cost of shipping your participant shirt and face covering is included in the price of registration. There is no additional shipping cost for these items.

**What distance do I need to complete?**

The Beast on the Block is a virtual 5K. We encourage participants to go a distance they are comfortable completing. Track your 5K with a smart device; take a screen shot of your time and distance and submit it to the [Active Results Submission page](#) between noon Friday, Sept. 11 and noon Monday, Sept. 14, 2020.

**Can I walk instead of run?**

Absolutely! This is YOUR race at YOUR pace. Our Beast podcast will guide you through a series of exercises to loosely represent the obstacles that you would typically face at the Beast. Competitor and fun run exercise options will accommodate all levels of fitness. While you aren't doing exercises, stretching or grabbing a quick drink of water, you can walk or run. Participants are encouraged to adapt the routines to do at their own pace.

**Where should I complete the 5k?**

This is totally up to you! It can be undertaken in neighborhoods, favorite parks or any location where participants can walk, run and complete fitness challenges.

**What will be in the podcast recording? When will I get the recording?**

To embrace everything that makes the in-person event a yearly highlight for many, the podcast will contain fitness activity "obstacles," water breaks, cheer zones, music and more to bring that element of on-course camaraderie. There will be humor, inspiration and grit to keep you motivated and moving. An emailed link to the podcast will be sent directly to each registered participant on Friday, Sept. 11, 2020.

### **Are there prizes or awards?**

What fun would it be without prizes? We will have a series of unique prizes and awards that play to both the competitive and fun runners. You will notice that they aren't like our usual awards for the Beast..

- **Fastest time in 5k category** (male & female) - run like no one's watching!
  - Need screenshot of distance/time uploaded to Active
- **Most creative finish line** - Get your kids, friends, and doggos involved in your finish line celebration! Tag us on social media, and we will award the wildest finish.
- **Best team shirts** - Just because we aren't all together, doesn't mean you can't represent your team. Show us those awesome shirts by tagging us on social media! Be sure to follow local covid-19 guidelines, of course.
- **Most creative freestyle workout** - Halfway through the podcast, we'll have a freestyle workout section that allows you to do whatever crazy, fun or difficult workout you want. Have someone take a video and tag us on social media.

We will announce the winners in each category the week of September 14-18.

### **How do I submit my 5k time?**

Track your 5K with a smart device; take a screen shot of your time and distance and submit it to the [Active Results Submission page](#) between noon Friday, Sept. 11 and noon Monday, Sept. 14, 2020.

### **When will the virtual event take place?**

Traditionally, the Barber Beast on the Bay occurs the Saturday after Labor Day. This year, the Barber Beast on the Block virtual event will follow suit on the weekend after Labor Day. Participants will complete the 5K anytime between noon Friday, Sept. 11 until noon Monday, Sept. 14, which is the final day to submit timing results and photos, videos, or boomerangs of their homemade finish lines, team shirts and decorated bibs.

### **I registered for the in-person event, how do I transfer to the virtual event?**

Although the 2020 Barber Beast on the Bay is cancelled for this year, we are letting **YOU decide what do with your 2020 registration**. Pick the option that's best for YOU - donate your registration to the Dr. Gertrude A. Barber Foundation, transfer to our brand new virtual event or defer your registration to the 2021 Beast.

*\*If no action is taken by **August 12, 2020**, the cost of your 2020 Barber Beast on the Bay registration will be automatically considered a donation to the Dr. Gertrude A. Barber Foundation.\* No full or partial refunds can be made.*

Follow these easy steps below to make your decision.

**Step 1:** Go to [Myevents.active.com/BarberNationalInstitute](https://myevents.active.com/BarberNationalInstitute)

**Step 2: Login** to your Active Account. This is the information you used when registering for the event.

\*Note: If your registration is not displaying when you login, you may need to **Claim your registration**. Copy and paste your unique registration ID into the "Claim Registration" box at the top of the site. *This ID is also found in your confirmation email.*

**Step 3:** Once you are logged in and claimed your registration, click "**Change Category.**"

**Step 4:** Select either **donate, defer** or **transfer**.

**Step 5:** Confirm all contact information.

**Step 6:** If transferring to Virtual Event, be sure to confirm your shipping address and sign new waiver.

**Step 7: Continue and complete.**

For further help, refer to our [How To Change Registration Category PDF](#).

### **Is there packet pick-up?**

In lieu of packet pick-up, look for virtual goodie bags emailed on Friday, Sept. 11 and participant finisher shirts and face coverings mailed after the event. The virtual goodie bag email will include a link to a one-of-a-kind Beast podcast, a virtual medal to humble-brag with on social media, a participant bib PDF to print and pin on for those virtual 5k selfies, a list of unique opportunities for prizes and directions on how to submit timing results on Active.