

## 1. What exactly is a virtual run?

A virtual run is just like running a race with thousands of other people... just not all at the same place! Come race day, you pick your own start time and finish line. You can run (or walk) around your block, choose a 5K route along the beach, or even complete the run on your treadmill. You can run with your friends, family, stroller, dog... your race experience is completely up to you! We just ask that you tag us @pbjrun so we can see your photos! Register for the PB&J Run and we will ship your medal, t-shirt, and goodies right to you! If you register before September 7th, we will do our best to get you your packet by race week.

## 2. How do I register and how much does it cost?

Register [here](#) until September 19, 2020 or before we sell out.

- **VIRTUAL RUNNER:** \$30  
5K, 10K, or 15K distance
- **SPREADING LOVE:** \$20

We do have limited capacity for our 2020 Virtual Charity Run, so sign up now before we sell out! \*Sign up before September 7th to make sure you receive your packet by race week!  
[Click here to register.](#)

## 3. What is included in my registration?

### **VIRTUAL RUNNER**

With your registration for the PB&J Run as a Virtual Runner, you will receive:

- Signature hinged PB&J Run Medal
- Performance T-Shirt ([click here for sizing chart](#))
- Commemorative Race Bib
- *Plus*, a donation of PB&J sandwiches in your name to vulnerable populations in Tampa Bay

### **SPREADING LOVE**

With your registration for the PB&J Run as a "Spreading Love" supporter, you will receive:

- "I Spread Love" T-Shirt ([click here for sizing chart](#))
- *Plus*, ten PB&J sandwiches donated in your name to vulnerable populations in Tampa Bay

#### 4. When is the last day to register to ensure I get my race packet before September 19th?

You can register for the PB&J Run any time before September 19th. In order to ensure, to the best of our ability, that you receive your packet in time for race day, we ask that you register **before September 7th**. If you register after September 7th, you can still complete and submit your time during race week, you just may get your packet a little late!

#### 5. When do I need to complete my run?

Do the run whenever works best for you during the week of September 14 - 19th.

#### 6. How do I track my distance/time and submit my results?

If you would like to track your distance and time for the 2020 PB&J Virtual Charity Run, there are two ways for you to do so; you can either download our [Experience App](#) or submit your time on [Active.com](#).

##### **Experience App**

Download the [Active Experience App](#). log in using your Active.com information, and search for the PB&J Run. When you are ready for your run, click the "Virtual Event" panel and you can track and submit your race right from the app! Once you have completed your race, you can choose whether to submit your time immediately, save it to submit at a later time, or erase your time to redo it another day.

##### **Submitting via Active.com**

If you would rather track your run using your preferred tracking device (fitness band, smart watch, phone, treadmill, etc), simply do your run and then [follow this link](#) to submit your time! You will need to upload a picture with you time - you can use either a screen shot or picture of your final time or upload a picture of you crossing your virtual finish line!

#### 7. Can I change my race distance?

Yup! You can do so at no cost through your Active.com page or email us at [team@pbjrun.com](mailto:team@pbjrun.com) and let us know if you want to change your race category.

#### 8. Will there be race awards given out?

No race awards will be given out for the PB&J Virtual Charity Run. We will post and recognize age group winners the week after the race using the results that we receive from participants who submit them on Active.com.

## **9. Give me all the details about the PB&J Run Experience App!**

We encourage you to go ahead and download the [Active Experience App](#) now! Once you download the app, sign in using your Active.com login info, and find the PB&J Run page, there is so much you can do to prepare for race week and engage with other PB&J lovers! Use the app to upload pictures of your swag and of you crossing the finish line, to receive important updates and messages from your PB&J Run team, to track and submit your PB&J Run time, view your results on the leader board, and so much more!

## **10. Can I run the normal PB&J Run route on my own?**

We suggest that you don't! If you choose to run your virtual run over the Memorial Causeway, please make sure to stick to sidewalks only, as there will be no support or road closures for your safety.

We hope that all of our runners will use their best judgement and planning to make for a safe, enjoyable virtual run.

## **11. Do you ship internationally?**

As of right now, we can only ship to addresses within the contiguous United States.

## **12. What do I do if my shirt doesn't fit? Can I swap it out?**

We do not offer any size exchanges after we have shipped your race packet. We highly recommend that all participants click the links below to view the sizing chart to make sure you order the right size for your t-shirt.

[Click here to view the sizing specs for the Virtual Runner "Peanut Butter Jelly Time" t-shirt.](#)

[Click here to view the sizing specs for the Spreading Love "I Spread Love" t-shirt.](#)

## **13. Something changed - can I get a refund?**

For any participants who signed up for the PB&J Run before 6/10/20, you should have received an email with instructions on how to join our virtual run, how to transfer your registration to our 2021 race, or how to request a refund. Please email [team@pbjrun.com](mailto:team@pbjrun.com) if you did not hear from us.

For anyone that registered for the PB&J Virtual Charity Run after 6/11/20, we are not able to issue any refunds.