

# Friendly Sons of St. Patrick

*Dear Runner:*

*Due to the current medical advice regarding the need for Americans to engage in social distancing to combat the coronavirus, the Friendly Sons of St. Patrick have decided that the St. Patrick's 5K scheduled for this Saturday, March 21, will be going virtual. We are not canceling the 5K but due to the emergency health situation, we are establishing a virtual run/walk to comply with the recommendations of the state health department and the offices of the Des Moines mayor and the Iowa governor. This way we can prioritize the health and safety of our runners and volunteers while at the same time participating in a St. Patrick's run/walk.*

*How will a virtual run/walk work? On the morning of Saturday, March 21, or another date at your convenience, instead of gathering to run the trails/streets of Des Moines en masse, we encourage you to run 3.1 miles individually, wherever you are. Different streets. Same day or another day. Same result as running the actual race. All we ask is that you record your time and send it to us at [friendlysonsiowa.com](http://friendlysonsiowa.com). We will compile the results and if we have enough participants, we will arrange a later awards ceremony at Sully's.*

*Registered 5K runners will receive a commemorative Irish t-shirt. Please come to the regular packet pick-up times at Sully's on Friday, March 20, from 5 to 7 or Saturday, March 21, from 7:30 to 9. We will give you your t-shirt and answer any questions regarding the virtual run/walk. If you know of someone that would still like to participate and get a t-shirt, please have them come to packet pick-up on Friday or Saturday and they can register for the virtual run/walk.*

*The Friendly Sons of St. Patrick are dedicated to putting on a running event that will be fun and worthwhile. We think that we have accomplished this with the virtual run/walk. This unique event should give you something to talk about and allow you to participate in a race when everyone else is canceling. We hope that you enjoy our efforts. Now get ready and go.*