

**Temple Dor Dorim's 4<sup>th</sup> Annual Run (and Ride)-A-Latke**  
**Virtual 5k, Fun Run, and Peloton Challenge**  
**December 10 – December 18**

This year's Run (and Ride)-A-Latke will feature 3 events – 5k, Fun Run, and Peloton Challenge – and will be *completely virtual!*

Each of the events can be completed any time during Channukah – from Thursday, December 10 at 7:00 p.m. through Friday, December 18 at 7:00 p.m. Details and rules for each event are below.

For any questions, contact Shaun Malvin, Run-A-Latke Chair, at [run@templedordorim.org](mailto:run@templedordorim.org).

**Virtual 5k**

**Early bird registration = \$30 per participant if registered by December 2**

**If registration is received after December 2, registration fee is \$36 per participant**

- Runners should use a smartphone app that tracks distance, time, and average pace (there are numerous options available, such as Nike Run Club, Map My Run, etc.).
- Must run/walk a minimum of 3.11 miles at any location you choose – we suggest slightly exceeding 3.11 miles (your average pace will be used to calculate your 5k time).
- Send a screenshot of results in an email (include the participant's name in the email) to [run@templedordorim.org](mailto:run@templedordorim.org) no later than December 18 at 11:59 p.m.
- Results will be sent via email and posted at [www.dordorim.org/run](http://www.dordorim.org/run) by Tuesday, December 22.
- Overall results and results by gender and/or age group will be posted.
- All registered participants will receive a t-shirt and medal regardless of whether results are submitted.
- T-shirts and medals can be picked up from TDD after the event (date and time will be provided at a later date) or can be mailed for \$10.

**Family Fun Run:**

**Early bird registration = \$15 per participant if registered by December 2**

**If registration is received after December 2, registration fee is \$18 per participant**

- Each child registered for the Family Fun Run will receive a t-shirt and a medal.
- Each participant should go outside and run around (in a safe place) for at least 5 minutes!
- There is no need to submit results.
- T-shirts and medals can be picked up from TDD after the event (date and time will be provided at a later date) or can be mailed for \$10.

**Peloton Challenge (\$30 registration fee per participant):**

**Early bird registration = \$30 per participant if registered by December 2**

**If registration is received after December 2, registration fee is \$36 per participant**

- A 45-minute Peloton class during the week of Hannukah will be selected once Peloton's class schedule is released.
- You can take the class live (use the hashtag #TDD so we can all ride together) or on demand.
- Send a picture of your results (including total output) in an email (include the participant's name in the email) to [run@templedorim.org](mailto:run@templedorim.org) no later than December 18 at 11:59 p.m.
- Results will be sent via email and posted at [www.dordorim.org/run](http://www.dordorim.org/run) by Tuesday, December 22.
- Results will be based upon total output. Overall results and results by gender and/or age group will be posted.
- All registered participants will receive a t-shirt and medal regardless of whether results are submitted.
- T-shirts and medals can be picked up from TDD after the event (date and time will be provided at a later date) or can be mailed for \$10.
- If you would like to participate in this challenge but do not have a Peloton bike, you can take a Peloton class on any indoor/spin bike using the Peloton app (there is a free trial available). However, you won't have an "output" score and therefore your results will not be included in the rankings.

For all 3 events – 5k, Fun Run, and Peloton Challenge – please email pictures of you and/or your family participating to [run@templedorim.org](mailto:run@templedorim.org).