

Seneca 5k/10k Virtual Challenge (Thurs July 15- Sun July 18)

Published 6/15/2021 by [Rosemare Mariaseelan](#)

Does the idea of completing a 5K or 10K seem a little daunting? If so, the 5K/10K Challenge by [Recreation](#) and the [Faculty of Continuing Education and Training](#) is for you. Challengers will receive training tips, guides and a link to the challenge on Pacer right to their inbox. Whether you are a seasoned runner or have ever thought about trying it out, you will be supported along the way.

From Thursday July 15th through Sunday July 18th, walk, run or wheel 5km or 10km using the Pacer Health App. We would love your support and hope we can drum up some friendly competition between FCET and other departments in the college! All the while getting active and raising money for a great cause- our students!

How do I participate?

1) [Register for the virtual challenge](#) (if you do this before Friday June 25th you will receive a Race Kit.) Follow @SenecaNewhamRec on Instagram for more information and ongoing updates. (Interested in learning to run? Join our pre-race [learn to run email program](#).)

2) Then, register as a challenger on the [Campaign for Students](#) fund raising page in support of our virtual run. (Include #TeamFCET in your bio so we know you are playing for our team 😊)
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The top three fund-raising challengers over \$1,000 will win one of the following:

1. [Facebook Portal Mini](#), generously donated by Buchanan Technologies
2. [Fitbit Inspire HR](#), generously donated by Deep Instinct
3. [House of Marley No Bounds Bluetooth Speaker](#), generously donated by Deep Instinct

Not to mention bragging rights if #TeamFCET raises the most funds!

100% of proceeds go to the Campaign for Students Endowed Bursary and challengers who

register with Recreation by June 25 will receive a race kit and t-shirt in addition to the training plan and assistance with Pacer. This new summer event includes all you need to Accept the Challenge today!

tags : advancement, announcements, campaign4students, ChallengeAccepted, fcet, run, senecabeeactive, senecabeefit, senecabeewell, senecaproud, SenecaProudAtHome, teamfcet, walk, wheel