

OROC 2021 Virtual 5K Run/Walk FAQ:

How does a virtual run/walk work?

While physically distancing, we can still come together to generate ovarian cancer awareness, raise funds for research and education and help local healthcare providers caring for ovarian cancer patients during these challenging times.

Simply register using the link, [OROC OutRun Ovarian Cancer \(runsignup.com\)](https://runsignup.com), then join the virtual OROC community on August 7th to complete the 5K or 1 Mile on your own course. You can run, walk, outdoors or on a treadmill – you choose!

When you complete your run/walk, take a selfie and post on your social media. Please tag OROC (on Facebook, Instagram, Twitter) using #OROC2021. Let us know why you run/walk and the people you are honoring.

Virtual event participants can live anywhere! Invite family and friends from throughout the city, across the nation and around the world to join you in raising awareness and funds for ovarian cancer.

Will times be posted?

If you would like to submit your 5K result (on the honor system), please email your time to Adam at apetrovic@hermescleveland.com and he will post online. Please submit times by midnight on Monday, August 9th.

Will there be Teams?

Yes! Join the forces and become a team captain and leader in the fight against ovarian cancer. For team registration information, please see Team Packet on the Hermes website, or [CLICK HERE](#). Remember, virtual event participants can live anywhere! Invite family and friends from throughout the city, across the nation and around the world to join you in generating ovarian cancer awareness and raising funds for ovarian cancer initiatives.

Will there be awards?

While there will not be awards handed out this year, we will be recognizing the Largest Corporate Team, the Largest Individual Team and the Top Fundraiser on social media. Fundraising will close on September 30th.

Will I receive a t-shirt if I register?

All participants who register by the July 14th midnight deadline will receive a commemorative t-shirt. Shirts will be mailed to individual participants. Team Packets will be distributed based on option chosen by Team Captain during registration process. Please contact your Team Captain with questions.

How can I use social media to connect with others in the OROC community?

When you complete your run/walk, take a selfie and post on your social media. Please tag OROC (on Facebook, Instagram, Twitter) using #OROC2021. Let us know why you run/walk and the people you are honoring. Please submit photos by midnight on Monday, August 9th.

What if I am not available to run/walk on August 7th?

Register at [OROC OutRun Ovarian Cancer \(runsignup.com\)](https://runsignup.com) before the midnight July 14th deadline. Run or walk your 5K or 1 Mile whenever you can and then share your selfie on social media. Please tag OROC using #OROC2021 so we can add your post to our virtual gathering.

How can I make an outright donation?

If you choose not to run/walk and would like to make a tax-deductible donation to OROC, please visit the Hermes website. Use the "REGISTER NOW" link and then select [Donate](#) to make a secure, online donation. Your support will make a difference in helping OROC put a new face on ovarian cancer – one of hope and encouragement. Thank you for your generosity!

Still have questions?

Please email oroc@oroc.org with additional questions.