



Thank you for registering for the 3rd annual GSHA 5K to be held virtually May 1, 2021. We appreciate your support for GSHA's mission, vision, and values. We can achieve so much more together.

You've registered for the 3rd Annual GSHA 5K now what?

- Like us on Facebook, Instagram, and Twitter!
- Check out <https://www.gsha.org/speed-for-speech-5k> for information pertaining to the race
- Don't forget to share pictures and videos of yourself, your route, and/or race attire before, during, and/or after the you complete the virtual race. Feel free to tag others and use the hashtags #GSHAStrong #2ndAnnualGSHASpeedforSpeech5K #GSHAalonetgether #GSHADistanceRun

After you complete the race there is nothing left for you to do. We will have medals mailed to all participants within 4-6 weeks after the race permitting no delays due to COVID-19 affecting production and mailing of the item. We can't thank you enough for participating and hope that you will share your participation in the event on social media for others to see that we are #GSHAStrong. Although we were unable to complete the in-person race together this year we are together and will remain a stronghold in the community for years to come.

Frequently asked questions:

1. Is there a specific start time? No, complete the race at your leisure we just ask that you complete it on Saturday, May 1, 2021.
2. Can I invite non-GSHA members to participate? Yes, this is an open event and we encourage you to seek the involvement of others.
3. Can we complete the race together? We are strongly recommending the following of State, CDC and WHO guidelines and suggest not gathering in groups of 10 or more, encourage social distancing of 6+ feet between persons, not gather with persons whom live outside of your home, wear cloth face coverings to protect yourself and others from possible spread of COVID-19.
4. Do I need to submit my finish time? No, all participants will receive a medal regardless of time required to complete the race.

Sincerely,

The Georgia Speech-Language-Hearing Association 5K Ad-Hoc Committee