



Media Release

For Immediate Release: Wednesday, June 17th, 2020

Town of Portugal Cove-St. Philip's Launches Virtual 50km Dory Dash Fun Run
Annual Dory Dash Road Race to Take Place Through Online Tracking Due to COVID-19

Portugal Cove-St. Philip's, NL – This year, our Annual Portugal Cove-St. Philip's (PCSP) Dory Dash Fun Run will be offered as a new virtual event! Due to the physical distancing circumstances of COVID-19, instead of the typical 5km one day set race route in the community, runners will now have 10 days (July 1st to 10th, 2020) to complete 50kms in the location of their choice. The Dory Dash 50km challenge can be completed by an individual runner, or between a team of three participants. The cost is \$10 per person and all funds will be donated to local food banks.

Those who join the challenge will track their run or walks each day by using a fitness watch or through a free download of the app Map my Run, Nike Run Club or Run Keeper. There is no set route, and participants can run or walk anywhere outside or inside, as long as it can be tracked, it will be accepted! Once registered, participants will email town staff screenshots of their routes and results for tracking and consideration for prizes.

Each participant will receive a PCSP Race Bag via contactless pick up at the Town Hall. All racers will also receive a beautiful Dory Dash medal and in addition to the medals, there will be prizes for:

- Fastest Individual to complete 50km
- Fastest Team to complete 50km
- Longest distance completed at one time

Those wishing to sign up for the Virtual 50km Dory Dash Fun Run can do so beginning today, Wednesday, June 17th online through eServices at www.pcsp.ca. This challenge is open to everyone, but spaces are limited and early registration is recommended! Further details can be found through the Facebook Event Page, here: <https://www.facebook.com/events/303349394157849>

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