



Outrun Lupus Virtual 5K | Saturday, May 30th

SHARE YOUR ROUTE

TIPS FOR MAPPING AND SHARING YOUR RUN or WALK ROUTE

Everyone can create a course map and share it with other 5K participants, and we can join each other for a live leaderboard and event during the 5K via the Strava App. Get the App and join our [Outrun Lupus Strava Club](#), [RSVP for the 5/30 5K event](#) & let's have fun!

ONCE YOU HAVE THE APP

After you have an account and have joined the Outrun Lupus 5K club, make sure to RSVP for our 5K run on 5/30, then [use these tips to learn how to create a course map](#). Afterward, just take a phone screenprint and share on social media to let people know how you're participating and raising awareness for lupus. Email your selfie in your 5K gear, and your course map to us at Outrunlupus@lfn.org and we'll add your photo and course to our Outrun Lupus Wall online and share via our social channels.

We'll be adding more run/walk events throughout the summer, so keep an eye on the club also!

If you use a different running/walking or workout app, like [MapMyRun](#), the [process is similar](#), so just map your workout, and send in a pic!

