

DIGITAL DASH FAQ'S

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WHAT IS A VIRTUAL RACE?

A virtual race is done on your own time between the period of October 26-November 1. You can log all sorts of activities (ie. running, biking, boxing, yoga etc.) to account for miles and to raise money for the organizations on your team!

2

CAN ANYONE PARTICIPATE?

Yes! Young or old, fast or slow – we encourage participants of all ages and ability levels.

3

CAN I DO MY ACTIVITIES THROUGHOUT THE WEEK?

Set your goal – whatever that may be – and go out and accomplish it the week of October 26.! If that means you need to break up your exercise into multiple segments, so be it. Just track your activity and time and make sure to input it as you go!

4

WHAT ACTIVITIES CAN I DO TO LOG MILES?

There is a wide range of activities that you can do to log your miles. You can run, walk, swim, box, yoga etc. The list is inclusive of all activities.

5

HOW DO WE WIN A VIRTUAL RACE?

You are a part of a team in a virtual race. The goal is to help your team log the most miles. The team that logs the most miles will get an additional \$5,000 sent to their charity of choice.

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HOW DO YOU PICK THE CHARITIES YOU SUPPORT?

Each region within OneDigital was allowed to choose their organization of choice. 50% of all proceeds will go to their chosen organization that supports our Diversity, Equity & Inclusion efforts. Please see the website for these different organizations.