

Accept the 5K/10K Virtual Challenge Today

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Does the idea of completing a 5K or 10K seem a little daunting? If so, the 5K/10K Virtual Challenge by [Recreation](#) and the [Faculty of Continuing Education and Training](#) is for you. Challengers will receive training tips, guides and a link to the challenge on Pacer right to their inbox. Whether you are a seasoned runner or have ever thought about trying it out, you will be supported along the way.

[Registering with Seneca Recreation](#) supports your physical activity goals, and you can support our students while winning big at the same time by fund raising as well. Make sure to also [register to fundraise today](#). The top three fund-raising challengers over \$1,000 will win one of the following:

1. [Facebook Portal Mini](#), generously donated by Buchanan Technologies
2. [Fitbit Inspire HR](#), generously donated by Deep Instinct
3. [House of Marley No Bounds Bluetooth Speaker](#), generously donated by Deep Instinct

100 per cent of proceeds go to the Campaign for Students Endowed Bursary and challengers who **register with Recreation by Friday, June 25** will receive a race kit and t-shirt in addition to the training plan and assistance with Pacer. This new summer event includes all you need to Accept the Challenge today!

tags : 10k, 5k, announcements, campaign-for-students, challenge, challenge-accepted, fundraising-events, pacer, run, virtual