



Virtual 5K Road Race



Raising Money for the **National Alliance on Mental Illness**

Project topic: Using RaceWire, an online platform which allows event coordinators to create virtual races, I will be hosting a virtual 5K (3.1mi) where participants have the ability to run, walk, bike, etc. 3.1miles in order to raise money for NAMI. All online registration proceeds and any additional donations will be donated to this organization in order to financially support their efforts on mental health advocacy, education, and providing resources.

Senior Paper Focus: The topic I have chosen for my senior paper is 'The Positive Effect of Mental and Physical Activity on Decreasing the Likelihood of Alzheimers'

Final Product: At the conclusion of this project, participants will submit a timesheet which includes their 5K completion time as well as a picture to prove participation.

Hannah Conlon