

## INSTRUCTIONS

Here are some important information:

### **For the runners of our Virginia Key 5K**

1. Please arrive between 6 and 6:30 am so we can stretch together.

NOVEMBER 17th, 2019

Location: Historic Virginia Key Beach Park  
4020 Virginia Beach Dr  
Key Biscayne, FL 33149

Getting There:

Exit I-95 or US-1 onto Rickenbacker Causeway & after toll make a left at the second traffic light (Virginia Beach Drive). Follow road to gate house and entrance to park.

2. The race will start promptly at 7:30am and the entrance of the park will close. So if you want to park inside, please arrive early.

3. Parking inside is \$15 per car. CASH ONLY

4. Please bring your YOGA mat, we'll have yoga classes throughout the day. There will be a special place where you can keep your mat during the race.

5. Please invite your family and friends, the park has a lot of activities such as a carrousel, train ride and a playground for the kids. Also, ZENRUN 2019 will have a holistic expo, a yoga wellness lifestyle festival. Everyone is invited!

6. Please download our ZENRUN App so you have the option of using our mind focus techniques and record your race. You can also add a picture of yourself and your medal in our gallery option. Create your own settings, and please don't check the "contemplation" option because we are all running together in Joy!

7. Bring snacks to keep yourself nourished throughout the day.

8. We want you to enjoy the sun, but stay safe in it, too. Since you'll be outdoors, don't forget your sunscreen, sunglasses, hat, and reusable water bottle.

9. Layers: We want you to be comfortable no matter what the weather brings, so come prepared with layers that you can add or subtract depending on the temperature. Bring your hoodie or a light jacket — and a rain jacket just in case! The event will go on rain or shine. If there is lightning we'll pause until we have been in the clear for 30 minutes.

10. Packet Pick up: Please pick up your race packet on the Dharma Institute on: November 15th and 16th - 2018 between 10am and 5pm. 10570 NW 27th Street, Suite 102 - Doral, FL 33172

11. You'll need an ID and the registration confirmation email. We'll scan the barcode.

### **Instructions for VIRTUAL ZenRunners**

1. Download our App: ZENRUN
2. Register yourself with the app
3. Create your own settings, but please don't check the "contemplation" option because we are all running together in Joy!
4. Be ready to run at 7:30am (Miami time, be mindful of the time zones!)
5. Click run, then at the end of the race please submit your result.
6. During the run set your intention to Joy, focus your mind in contemplation of the following questions:

Joy simply means pleasantness of thought.

When your thoughts are pleasant, you are happy and joyous.

How can you make your mind more pleasant?

Bring to memory joyous moments in your life. How were your thoughts?

If you keep your mind pleasant, you are happy.

Forgiveness offers you everything you truly want.