

The Ryan Shaw Memorial 5k 2020 Update

Benefitting The Ryan Shaw Foundation

When: Saturday, November 14th, 2020

Time: 12:00 PM *Virtual Race*

Where: Virtual

Hello all,

We had originally planned to host our fourth annual Ryan Shaw Memorial 5k this Saturday, September 19th. **However, due to the ongoing precautions taken for COVID-19 we are unable to hold an in-person 5K in 2020. In place of an in person event, we are in the process of planning a virtual 5K on Saturday, November 14th .** Registered runners will be provided a T-Shirt which will be shipped to them. We will honor all existing registrations and hope that you will all consider participating in order to further Ryan's legacy.

Our virtual event will allow registrants to participate in a 5K in any location they choose (hopefully wearing their 5K shirt to stay connected to this year's race!). We are exploring different ways for people to share and access images and videos of their participation. Runners can begin running at any location they choose. Participants can run, jog, or walk on the road, on the trail, on the treadmill, at the gym, or on the track, whatever works best for you. You get to run your own race, at your own pace, and time it yourself. Our goal is to kick off the 5K together and have everyone begin running at the same time, posting videos and pictures of them running for Ryan. We will then reshare the posts on our 5k Instagram page.

As always, we are looking to recruit sponsors and donations as we will be donating all proceeds to charities that impacted Ryan's life. Ryan developed a passion for charitable work with underprivileged children early on. While attending a high school service trip with Mustard Seeds Communities (MSC) to Montego Bay, Jamaica, Ryan aided in residential service projects and provided educational support. Ryan established a close connection with many of the children he assisted, even teaching one child how to draw. This year, proceeds from the 2020 Ryan Shaw Memorial 5K Run will benefit the Ryan Shaw Foundation, a nonprofit foundation established by the Shaw Family to give back to the communities and organizations that had an impact in Ryan's life. For 2020, all proceeds from this year's virtual 5k will support The Ryan Shaw Foundation, which will benefit in full the following three organizations: (1) Mustard Seed Communities, (2) The Haven Project, and (3) the Ryan Shaw '15 Entrepreneurial Education Program at St. John's Prep

We welcome participants of all ages and abilities to take part in the virtual race event, and encourage you to run, jog, or walk! For additional information on registration and sponsorship opportunities, please visit our website at RyanShaw5k.org, or contact us at RyanShaw5k@gmail.com.