

# "Changing Minds"



2024

**BeeThe1ToHelpSomeone (Sock It)** has been running the race for mental health awareness since 2017. During Covid the Virtual Flex-Time 5K is became popular. The participant-friendly running event allows individuals to complete a 5-kilometer race on their **own schedule** and at their **own pace**:

Understanding Virtual Flex-Time:

1. **Flexible Timing:** Unlike traditional 5K races that occur at a set date and time, the Virtual Flex-Time 5K allows participants to choose when they run or walk, treadmill, dance or bike the distance starting October 18 and completing the 5K course by October 28. *(Before Virtual-Flex-Time 5Ks became popular, TeamBee's very 1st Virtual 5K happened before the New Orleans' Saints did it! Yeah! Setting the pace! Go-oo-oo- #TeamBee!)*

2. **Self-Monitoring:** Participants track their distance using their preferred method, such as a GPS watch, smartphone app, or fitness tracker. They then submit their time and distance to the event organizers, often through an online portal or app.

3. **Customized Routes:** Runners and walkers can complete their 5K on any route they choose. This could be a favorite local trail, a treadmill, or any other location that suits them.

4. **Inclusivity:** Virtual Flex-Time 5K is designed to be accessible and inclusive, accommodating various fitness levels and schedules. Participants can walk, run, or use any other form of movement they prefer.

5. **Event Kit:** Upon registration, participants receive their race bib via email and t-shirt is mailed or available for pick-up for local participants in the Jeanerette, LA USA area. .

6. **Community and Motivation:** Despite the virtual format, the annual event fosters a sense of community through social media groups and virtual meet-ups to raise mental health awareness. Participants are invited to share their experiences, photos, and achievements @ IG beethe1tohelpsomeone.

The Virtual Flex-Time 5K offers the flexibility to fit exercise into a busy schedule while still participating in a structured event, promoting both mental health awareness, supporting community engagement for overall healthier communities.

*Thank you for supporting what you believe in.*

#SockItToStigma

#StingStigma