



# MORGAN COUNTY 4-H VIRTUAL 5K

The COVID-19 outbreak in Utah created a need for connection and involvement that could be done safely. The 4-H Virtual 5K was created to foster a sense of community in the county, promote positive mental health, and encourage physical activity during a time of social distancing. There was a lot of emphasis on family, which was really great in the long run. Response to this activity was almost overwhelming, and very encouraging. We estimated 150 people participating, but in the end, we had a total of 243 people sign up for our 1st-ever Virtual 5K.

## 243 PARTICIPANTS



= 5 YOUTH



= 5 ADULTS



## EVENT INCENTIVES:



**Free Registration**



**Free T-shirt**



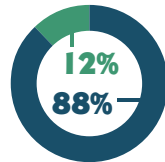
**Prizes for category winners**

Biggest Family, Fastest Time, Best 4-H Spirit, Most Creative, Best 1st Timers



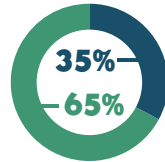
**A better sense of togetherness in the community**

## SURVEY PARTICIPANTS RESPONDED:

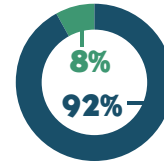


The event helped me/my family feel involved with the 4-H program during the COVID-19 pandemic.

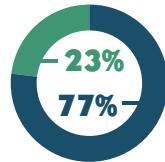
**YES**  
**NO**



I've previously participated in a Virtual 5K.



The event helped me/my family stay physically active during the COVID-19 pandemic.



The event helped me/my family feel a sense of community togetherness during the COVID-19 pandemic.



I plan to participate in other activities that will keep me physically active.

## TESTIMONIALS

"We had a great time with this! They went a little farther than they needed to (just over 6k), which was a surprise to me! These sisters accomplished something that they were a little anxious/reluctant about, but did great! Thanks for putting this together!" - Holly O.

"We finished our 5k tonight. It took us exactly an hour to do it. We had a great time and learned that we are stronger and braver than we thought. It has gotten us to start a habit of walking regularly as we prepared to do this. Thanks so much!!!" - Misty W.

In addition to 5K participation, participants were encouraged to post pictures of their experience on Facebook. This was the biggest factor in giving people a sense of community and 77% of surveyed participants reported this increase. Two-thirds of participants had never before participated in a virtual 5K. This will now become an annual event in our county.

**EXTENSION**   
**UtahStateUniversity**

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