

**Durham, NH** – Marina's Miles 5K Run/Walk will be held virtually now through August 18, 2020. Run or walk 5K anywhere. If you would like to run/walk the Marina's Miles course, the map is on our website: [marinasmiles.org/race](http://marinasmiles.org/race) (at the bottom). We are looking into marking the course for a limited time...we'll keep you posted if/when that will be. You'll have to time yourself. Use a GPS watch (for time and distance), or go with a friend who has one ... keeping in mind physical distancing. Send us your pictures of you running Marina's Miles, and we'll post them on Facebook! Totally optional – but the more there are, the more fun!

Registration is \$15; to register, visit [MarinasMiles.org](http://MarinasMiles.org). You can also email registration form to [MarinasMiles5K@gmail.org](mailto:MarinasMiles5K@gmail.org); pay via PayPal on the "Donate" page of our website ([marinasmiles.org/donate](http://marinasmiles.org/donate)). Any amount over \$15 will be a donation, and you will receive a tax letter for the amount over the \$15. Registration can also be sent via snail mail with a check for \$15 to:

Marina's Miles  
10 Burnham Ave  
Durham, NH 03824

Guaranteed free t-shirts to first 100 registrants. Email ([MarinasMiles5K@gmail.com](mailto:MarinasMiles5K@gmail.com)) or FB message us for a time to pick up your t-shirt; or \$5 to have it shipped. We do have some raffle prizes! You must enter the race to be eligible to win.

Results will be posted on our website and Facebook pages, but no medals will be awarded.

The event raises money for a college scholarship in memory of Marina Slavin awarded annually to an Oyster River High School student. Marina was an Oyster River High School graduate, UNH student, NH state champion runner, and, most importantly, a person who loved people from all walks of life and loved life. She died from a heart infection (her heart was too big) in 2013 at the age of 20. This year's recipient is Sadie Garland... Congratulations, Sadie!

Trueworthy and Associates is our major sponsor.

A safe, fun, family-friendly, community event! Remember a treasured member of our community, support education for our youth, and have fun!

To donate to the scholarship fund, visit [MarinasMiles.org](http://MarinasMiles.org), or mail a check made out to Marina's Miles to 10 Burnham Ave, Durham, NH 03824.