

# Have you Skinny Dipped Lately?

 [evergreenaudubon.org/have-you-skinny-dipped-lately](http://evergreenaudubon.org/have-you-skinny-dipped-lately)

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There's still plenty of time to register for Evergreen Audubon's first ever Skinny Dipper Virtual 5K. Join the forty or so adventurous folks who already did the milage. Registration will remain open until the end of the Nature Center's season on Sunday, October 14th.

We've had lots of runners, walkers, hikers and trekkers but also a sailor, a kayaker and a biker. Skinny Dipper racers have been virtually everywhere, including Belize, Uganda, Napa Valley, Central Park, New England, Indiana, the Maroon Bells, Geneva Basin, Rainbow Lakes, Flattop Wilderness, Lake Champlain, Mount Evans, Berthoud Pass and all over the Bear Creek Watershed.

We've had some great race comments:

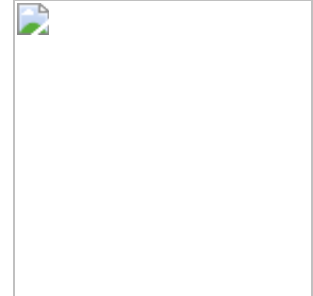
- Ran in Belize: *"Best course ever!" Kathryn Hassell*
- Biked in Nappa Valley: *"I love this idea and that I can do it while on vacation and the winner is Audubon!" anonymous racer*
- Hike in the Rainbow Lakes area: *"Four year old Shinji was really proud to get such a big! beautiful medal but 1 yr old Kiki didn't really care as Mom and Dad had the pleasure of carrying her up the mountain." Bell-Souder Family*
- Hike on the Continental Divide Trail: *"I enjoyed the Alpine wildflowers. This was the easiest medal I ever won!" Larry White*
- [see all the race results and comments](#)

The Virtual 5K is a race everyone can do! You don't have to do it all at once and you can do it anywhere doing anything – just think how much you've walked since April 21st until now – all those steps probably add up to way more than 3.2 miles!

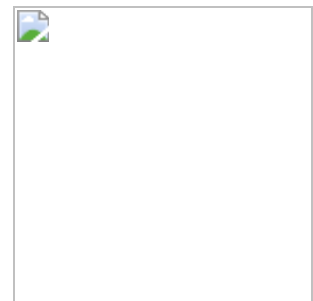
In fact, you don't even have to go the distance; my parents, who are in their mid-eighties, loved the idea of supporting Evergreen Audubon so they registered as *virtual spectators*.

By participating in our Virtual 5K, you not only get a cool medal, you get bragging rights too. Imagine the fun you'll have telling your friends that you went skinny dipping!

[Register today!](#)



Kathryn Hassel in rural Belize after her 5K



Dean Johnson celebrating his 5K

