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## **World Run Day Set for Sunday, Nov 8<sup>th</sup> Unique Event Shirts for every Country**

**Long Beach, NY, Nov 4, 2020** -- As Virtual Runs come to an end in 2020, there's one global run that *all* charitable runners can join: World Run Day, held this Sunday, November 8th. The 22<sup>nd</sup> annual event started the virtual run craze in the small city of Long Beach, NY back in 1999. What sets this virtual event apart from others today, is the unique assortment of event shirt designs (230+) representing each country. The first-ever World Run Day Medal is also distributed to every paid registrant (\$20 USD) on virtually every continent at [www.runday.com](http://www.runday.com).

Since the pandemic, the "virtual-run-event-for-charity" concept has become more mainstream with runners. They celebrate in the spirit of the day, together; but run separately among seven different continents. Initially dubbed "The Global Fitness and Charity Challenge," World Run Day has maintained its original concept: run to celebrate the sport of running and make a donation to a favorite local charity.

All participants print out a runner bib, run, and can donate to their favorite cause. Afterwards, they can enter distance & time results along with other runners worldwide. The same medal, regardless of each runner's country of origin; is mailed to paid participants.

A free registration category gets a runner a personalized digital runner bib - at no cost. They also have the opportunity to upload their virtual run results with other runners. Whether in Los Angeles, Barcelona, Sydney, or even The Vatican, all runners can participate.

World Run Day Event Director, Bill McDermott, of Long Beach, NY created the event shirt collection over the summer and designed the medal for distribution to runners after the event. "Many charities are suffering this year, due to the pandemic, and it's a good reason to run for them", states McDermott. "Let the runner decide," has been the motto of the event since its inception, and it continues today.

With over 10,000 participants over its 22-year history, primarily in the USA, the event still looks for global runners to make it more meaningful. At the moment, some local events in the New York area are cropping up: World Run Day - Long Beach, and World Run Day - Long Island will be offered to help serve multiple charities. Long Islanders will donate to a food program led by The Greater Long Island Running Club, which McDermott is a member of and where he volunteers filming local brewery runs. The Long Beach event, in his hometown, is set up to assist over a dozen charities within the City of Long Beach.

It's the best of both worlds: "Going out for a healthy run and compassionately donating to a favorite local charity," states McDermott.

### **About World Run Day**

The World Run Day Event was the first "Virtual Running" event in the world. Originally conceptualized by competitive runner Bill McDermott, the event has been recognized by over 10,000 runners internationally. World Run Day is funded entirely by McDermott and has runners as its only sponsor(s). Runners of all abilities are represented. This is the signature event of World Run Day and occurs on the Sunday closest to Nov. 8 every year. The day originally started as an anniversary tribute to Bill's brother, who died in a car accident Nov. 8, 1984.