During the ongoing COVID-19 outbreak, do you have ideas/suggestions to keep club members engaged during a time when running or meeting as a group is highly restricted?

17 responses

Pamakids-sponsored virtual races; an occasional videoconference or semi-social event just to keep people in the club engaged and connected.

Virtual challenges are good but the market is saturated with them. Too late now.

Andy's webinars have been great (from DSE).

Workouts with physical distancing.

Perhaps recruit a speaker (e.g, Magda, an orthopedist, PT or coach, sports psychologist, etc) to give a short talk via Zoom/Google Meet followed by virtual social time. b) a virtual club 5K

People might like more of a sense of connection to how others are running/training/keeping themselves motivated, so whether that's a better social dimensions of the website or outlet to hear how people are doing etc. that would be cool.

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## On a scale from 1-10, how satisfied are you with your Pamakids membership?

41 responses

