



BACK 2 SKOOL CHALLENGE

1st Aug - 31st Aug

RACE OUT THE SUMMER AND BACK 2 SCHOOL WITH OUR
5 MIN OR 15 MIN CHALLENGE!

You have all of August with daily attempts to run your 5 min PB (personal best). Only your best day will count for your ranking in the challenge! Or do one 15 min race on 28 Aug: Run your very best for 15 mins anytime on 28 Aug and get ranked! SIGN UP USING THE QR CODE BELOW!

PRIZES FOR TOP SOLO BOYS AND GIRLS!



SIGN UP FOR A CHARITY BIB
AND WE'LL DONATE \$50 TO
CHARITY BOX OF HOPE
#RUNFORACAUSE

RUNNERREG

GREAT PRIZES SPONSORED BY RUNNERREG! | EN | 中文

Get back into the groove with our first edition Back To Skool Run 2021! You have all of August with daily attempts to run your 5 min PB (personal best). Only your best day will count for your ranking in the challenge! Or do one 15 min race on 28 Aug: Run your very best for 15 mins anytime on 28 Aug and get ranked! Use training mode on the RunnerReg app to practice before the big day.

Registration Fee for all categories is HK\$100, finisher medal included and HK\$50 goes to Box of Hope to support the purchase of educational gifts for underprivileged children. Let's help support education in our all-inclusive community together! 🦊🙏❤️

Run through these steps to get Back To Skool in top fitness!

1) Have time in August? Make time! Commit to the challenge period - 1 Aug @12:00am - 31 Aug @11:59pm (your local time). The final cut-off for this event is 11:59pm on 31 Aug. All participants must start their final run by 11:59pm in order for it to qualify.

2) Country participation: We all live in Hong Kong, but where are you from? In true Olympic spirit, let's represent our national flags and run well!

3) One Challenge. You only need to run at least one 5-min challenge to participate. Keep on moving forward with one chance daily to run your 5-min PB (personal best).

4) Share about it! Invite your friends and family to take this challenge on with you. This is rewarding and you can support your own charity or our event charity: Box of Hope.

5) Run For A Cause. Select a Charity Bib during registration and donate to an excellent cause. Choose bib 8800 - 8899 to donate a further HK\$100 to Box of Hope and support underprivileged children in Hong Kong & Asia. The gifts are donated by Hong Kong school children and local organisations.

6) Categories - This is a solo competition for kids/adults who are 29 years old or younger and in full-time education.

7) Know what you're getting into. Your daily result is added up and ranked by distance completed. The results/leaderboard is live and available here: <https://my.runnerreg.com/back-2-skool-run-results>

8) What if you miss a day or two? - It's totally fine! Remember to run your personal best in August.

9) Tracking & Leaderboard Results - Live results are posted here: <https://my.runnerreg.com/back-2-skool-run-results>

The RunnerReg App must be used for this challenge. The easiest way to get on the Back to Skool leaderboard is our RunnerReg app! Your activity will auto-complete at 5 mins and your results will immediately post to the leaderboard. Not only that, your complete certificate will be automatically available along with your E-bib!

>>> Download the RunnerReg App (iOS): <https://my.runnerreg.com/app>

>>> Download RunnerReg Android App: <https://play.google.com/store>

BACK 2 SKOOL RUN

0923

ALIEN TONG - HONG KONG SAR

5MIN - SOLO



 RUNNERREG



RUN SAFE! | FOLLOW LOCAL COVID-19 REQUIREMENTS.

EMAIL - TEAM@TGR.RUN | INFO@RUNNERREG.COM

REGISTRATION FEE

- All categories fee: HK\$100, finisher medal included!
- HK\$50 will be donated to Box of Hope from each registration.

BACK 2 SKOOL EVENT RULES

1. The 15min race on 28 Aug **must not** be completed on a track.
2. Maximum Daily Run Time - The 5 min challenge has unlimited daily attempts available.
3. Missed Days - It is permissible to have rest days although these missed days cannot be replaced.
4. Multiple Categories - You can register for more than one solo category.
5. The RunnerReg app must be used for participating in this challenge.
Download it on the Apple or Google Play store by searching for RunnerReg.
6. All races must be completed outdoors. No Treadmill or other indoor walk/hike/run activities are permitted.

BACK 2 SKOOL PRIZES

Top Overall Solo Male & Female - 5 MINS

1st - HK\$200 iTunes or Google Play Gift Card

2nd - HK\$100 iTunes or Google Play Gift Card

3rd - HK\$50 iTunes or Google Play Gift Card

It's also a great personal prize and gift to be running for a great cause and supporting underprivileged kids in our communities!



BACK 2 SKOOL CHALLENGE

CONGRATULATIONS TO:

TOMMY CHOW

ON COMPLETING THE BACK 2 SCHOOL CHALLENGE ON 20/12/2020

BIB 8888 - SOLO - 5MIN - 2:00:00

OVERALL 3/33 - MALE - 1/11 - AGE 15-19 - 1/10



 **RUNNERREG**



BACK 2 SKOOL RUN - Q&A

1. Can I split my 5 mins run up into separate parts?

- You have one chance to run your best over 5 mins daily. This must be one continuous effort, and cannot be split into multiple activities. To stay in the Race #1 competition you'll need to run in August. Or, sign up for Race #2 which is your 15 minute best run on 28 August. Use training mode on the RunnerReg app to practice for this one before race day! The 15min race on 28 Aug **must not** be completed on a track.

2. Are treadmill runs accepted for this challenge?

- All activities for this challenge must be completed outside and without any mechanical / motorised support. Treadmill run activities are not accepted for this challenge.

3. How do you determine the final Results & Rankings?

- The RunnerReg app must be used for this event and all results are automatically posted from the app to the leaderboard:
<https://my.runnerreg.com/back-2-skool-run-results>.



QUICK LINKS

REGISTER

<https://my.runnerreg.com/back-2-skool-run-register>

OVERVIEW

<https://my.runnerreg.com/back-2-skool-run-overview>

ENTRY LIST

<https://my.runnerreg.com/back-2-skool-run-entry-list>

RESULTS

<https://my.runnerreg.com/back-2-skool-run-results>

FACEBOOK

<https://my.runnerreg.com/greenrace-facebook>

