





1ST JULY - 31ST JULY 2021
CHOOSE YOUR DAILY VERTICAL
150 | 250 | 500 | 1000M || 4424M | 8848M
GOVERTICAL.RUN
GIVE IT YOUR ALL - 30 DAYS IN JULY
#GOVERTICAL #ONLYWAYUP



GREAT PRIZES SPONSORED BY ASIA MILES, MILESTONE & RUNNERREG!

LOOKING FOR YOUR NEXT RUNNING challenge? Let's Go Vertical IN JULY!

Get outside, choose a road, trail or some stairs and complete your vertical challenge every day from 1 - 31 July. Keep it real at 100M of climbing a day, or go as big with up to 1000m daily.

Or go all in! Complete a FULL 8848M or HALF 4424M Everest as quickly as you can. cumulative efforts are permitted over multiple days.

CLIMB YOUR BEST 30 DAYS IN JULY...

GOVERTICAL.RUN

GOVERTICAL.RUN 2021

9950

JOHN ELLIS - HONG KONG SAR
150M - SOLO

RUN SAFE | FOLLOW LOCAL COVID-19 REQUIREMENTS

ORGANISER: RUNNERREG | INFO@RUNNERREG.COM



Exchange
and
Empower



T8 roam



milestone



ASIA MILES



RUNNERREG



RULES - GOVERTICAL.RUN

- 1) The 4424M | 8848M challenges can be completed all-in-one-go or by cumulative solo/team attempts. Each runner's vertical contributes to the total time and elevation completed. How quick are you on the up?
- 2) The 150M | 250M | 500M | 1000M categories are daily meaning you'll need to complete this vertical each day in July. The goal is to complete your daily challenge as quickly as possible. The clock resets daily at midnight. (HKT).
- 3) Only one day can be missed in July. If you complete all 31 days, we'll omit the slowest day and you will be ranked over your best 30 days.
- 4) You can also miss up to 3 days and remain in the challenge, but the penalty time will be double your previous day completion time.
- 5) It's possible to register for multiple challenges but you can only physically run one challenge at a time. I.e. Each run activity you

complete can only be reported to one category challenge so you'd go out, run your 150m challenge in the morning and 250m in the evening.

6) Run solo or as a team of 2. If you run solo you way, each runner must complete the full daily vertical you've signed up for and contribute to the total cumulative solo or team result.

7) We suggest to using the RunnerReg App for all categories and ranking will show automatically on the leaderboard:

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

>>> **Download RunnerReg Android:** <https://my.runnerreg.com/android>

We will also accept Strava uploads for this event. Go to
RUNNERREG.COM > MY RACES > ACTIONS > UPLOAD RESULT.

8) Strava activities must be recorded as a back up. Runners must share their July Strava activities publically.

9) This event starts on 1 July at 12:00am HKT and ends on 31 July at 11:59pm HKT. All result submissions must be received by 1 Aug 12:00pm and final results + prizes will be announced the same day.

10) You are free to practice this event in June, using the app. All June results will be deleted prior to the race start on 1 July.

REMEMBER TO RUN WITHIN YOUR FITNESS ABILITY, RUN WITH A PARTNER WHERE PRACTICAL, SHARE YOUR LOCATION AND BE SAFE!

♥ **Run For A Cause.** Choose bib 9900 - 9999 to donate HK\$100 to Exchange & Empower and support talented up and coming female trail running athletes from Nepal! We'll add a white heart to your runners bib and beside your bib number on the entry list and results page. Thank you for supporting a great cause! ♥

GOVERTICAL.RUN 2021

USEFUL LINKS - GO VERTICAL.RUN

REGISTER

<https://my.runnerreg.com/govertical-register>

OVERVIEW

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

ENTRY LIST

<https://my.runnerreg.com/govertical-entrylist>

RESULTS

<https://my.runnerreg.com/govertical-results>

FACEBOOK

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

INSTAGRAM

<https://my.runnerreg.com/govertical-instagram>

RunnerReg App on Apple iOS

<https://my.runnerreg.com/app>

RunnerReg App on Google Play

<https://my.runnerreg.com/android>

Any questions about this event? Please whatsapp us.

- <https://my.runnerreg.com/whatsapp>

GOVERTICAL.RUN 2021

PRIZES & PERKS - GOVERTICAL.RUN

Top Overall Solo Male & Female - 1000M

HK\$5000 Asia Miles to the top solo male/female of the 1000m category.

All Vertical Categories - 150M | 250M | 500M | 1000M

1st - HK\$300 RunnerReg Race Credit + Milestone Cap + HK\$100 Trail Hunter*

2nd - HK\$200 RunnerReg Race Credit + Milestone Cap + HK\$100 Trail Hunter*

3rd - HK\$100 RunnerReg Race Credit + Milestone Cap + HK\$100 Trail Hunter*

Top Overall Teams - Open - 150M | 250M | 500M | 1000M

1st - HK\$300 RunnerReg Race Credit + Milestone Cap + HK\$100 Trail Hunter*

2nd - HK\$200 RunnerReg Race Credit + Milestone Cap + HK\$100 Trail Hunter*

3rd - HK\$100 RunnerReg Race Credit + Milestone Cap + HK\$100 Trail Hunter*

*Minimum purchase is HK\$300



PARTICIPANT PERKS & ENTITLEMENTS

- 15% CASHBACK ON ALL MILESTONE GEAR, ALTRA OLYMPUS 4.0 & T8.RUN GEAR ON SHOPAND.RUN FOR ALL PARTICIPANTS.
- FREE MONDAY NIGHT HIIT TRAINING SESSION. 730PM TAMAR PARK.
- E-BIB - AUTOMATICALLY GENERATED FOLLOWING REGISTRATION
- DAILY COMPLETION CERTIFICATE, AUTOMATICALLY UPDATED.
- FINAL EVENT FINISHER CERTIFICATE WITH RANKINGS. HARD COPY WILL BE SENT TO THE TOP 3 FINISHERS IN EACH VERTICAL CATEGORY.
- 20% OFF - GONE RUNNING OFFER THE DISCOUNT ON THE FOLLOWING BRANDS: GIPRON PROFESSIONAL TRAIL POLES, TAILWIND, FRACTEL PERFORMANCE HEADWEAR, CRAMPFIX, SPRING ENERGY
- 10% OFF - GONE RUNNING OFFER THE DISCOUNT ON THE REST OF THE ITEMS.



GO VERTICAL FOR 30 DAYS IN JULY. #GOVERTICAL



SIGN UP!

GOVERTICAL.RUN

20% Off from following brands

10% Off on ALL Products in regular price

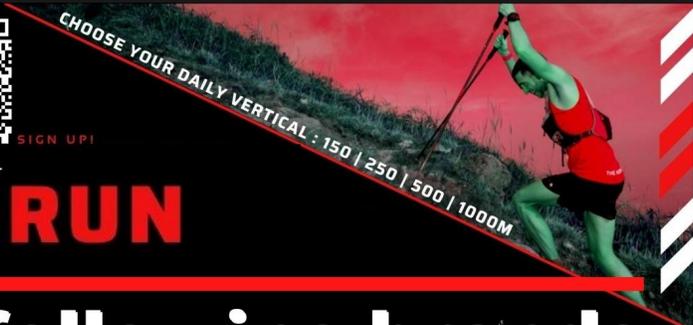
GIPRON
high-quality poles

CRAMPFIX[®]

FRACTEL 
PREMIUM. PERFORMANCE HEADWEAR

 **tailwind**
NUTRITION


SPRING
ENERGY



**SHOP. RUN
EARN**



MILESTONE CAPS

**SHOP. RUN
EARN**



MILESTONE SOCKS

**SHOP. RUN
EARN**



MILESTONE TEE

**SHOP. RUN
EARN**



**ALTRA
OLYMPUS 4.0**

**SHOP. RUN
EARN**



MILESTONE HEADLAMP

**SHOP. RUN
EARN**



**BIX RECOVERY HYDRATION
TABLETS**



Exchange
and
Empower

DONATE

HELP PROVIDE YOUNG FEMALES IN
NEPAL THE OPPORTUNITY TO TRAIN,
RECEIVE AN EDUCATION AND BROADEN
THEIR HORIZONS.

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