

GLOBAL VIRTUAL RUNNING CHALLENGE

# MAYDAYS RUN

FREE BASE ENTRY: 1ST - 31ST MAY, 2021

Choose Bib 88XX - 99XX to donate HK\$50!

Top Overall Male & Female - 30MIN & 60MIN:

1st - HK\$600 Race Credit + Milestone Cap & Socks

2nd - HK\$400 Race Credit+ Milestone Cap & Socks

3rd - HK\$200 Race Credit+ Milestone Cap & Socks



## HOW FAR CAN WE GO?

Run/hike/walk continuously for 30 mins or 60 mins each day in May and see how much distance you can clock on the RunnerReg App! The furthest distances accumulated by the end of May in the daily 30 min & 60 min categories come out on top! \*Daily 30/60min attempts must be continuous.



> 30 MINS



> 60 MINS

EVERY  
DAY IN



#RACEAGAINSTTIME

ASIA MILES



\*The minimum participation is 30/60mins continuous for 1 day in May. The maximum participation is 30/60 mins continuous every day in May. Results are ranked by distance, residence, gender, and age categories.



## GREAT PRIZES SPONSORED BY ASIA MILES, MILESTONE & RUNNERREG!

Ten Steps to MayDays! Get ready for our Maydays Walk/Hike/Run challenge! You have either 30 minutes or 60 minutes every day in May to clock as much distance as you can in one continuous effort. Asia Miles 亞洲萬里通, Milestone and RunnerReg are sponsoring prizes for the top three male and female finishers and kids too!

### Here are your 10 steps to MayDays top running fitness!

**1) Have time in May?** Make time! Commit to the challenge period - 1 May @6am - 31 May @7pm (your local time). The kids challenge runs from 21 May - 31 May! Kids can run at least one day to participate! The final cut-off for this event is 7pm on 31 May. All participants must start their final run by 7pm in order for it to qualify.

**2) Country participation:** Where are you from? Where are you based? It doesn't matter! We can all participate in this one, globally and results are ranked by residence, not nationality.

**3) Choose your Challenge.** Are you good for either 30 mins or 60mins of continuous walk/hike/run activity every day in May. If you miss a day, or 2, or even 3, no worries, keep on moving forward, do your best! Make a choice and get registered here - <https://my.runnerreg.com/maydays-run-registration>

- Printed Race Bibs are available for HK runners only and registration must be completed by 5pm on 06 May 2021.

- Collect your printed bib from 13 - 31 May at Gone Running.

**4) Share about it!** Invite your friends and family to take this challenge on with you. It's free, it's rewarding and you can support your own or one of our great charities if you like! We've intentionally made base registration free so anyone and everyone can participate and get on the leaderboard. If you're in the market for some new top running gear, there are add-ons from Altra Running, Milestone, T8 and Veloviewer. Keep on to date on this event on our Facebook Page: <https://my.runnerreg.com/maydays-run-facebook>

**5) Run For A Cause.** Select a Charity Bib during registration and donate to an excellent cause. Choose bib 8800 - 8899 to donate HK\$50 to ImpactHK and support homeless, elderly, and disadvantaged people in Hong Kong. Or choose bib 9900 - 9999 to donate HK\$50 to Exchange & Empower to support talented up and coming female trail running athletes from Nepal! Or choose a charity or cause that's dear to you and be sure to share about the cause you're running for!

**6) Categories** - The two main categories are 30 mins or 60 mins of continuous walking/hiking/running daily. Results are in KM. How far can you move in 30min or 60mins daily? Run solo or as a team of 2. For teams, the team captain will register first and then invite his/her team member to join the team with a password. There is also a Kids Solo Challenge from 21 - 31 May! You have 11 days to run your best 5-minute PB. We have itunes or Google Play gift cards available to top finishers!

**7) Know what you're getting into.** With a 30 min or 60 min continuous walk/hike/run daily time cap, how far will you move in 31 days? Your daily result is added up and ranked by distance completed. The results/leaderboard is live and available here: <https://my.runnerreg.com/mays-days-virtual-run-results>

**8 ) What if you miss a day or two?** - You can actually miss up to 30 days! The minimum activity required in order to take part in this challenge is one day

(30min or 60min). But we don't sign up to a challenge to half do it, do we?  
Commit to your own challenge and give it your all!

**9) Tracking & Leaderboard Results** - Live results are posted here:  
<https://my.runnerreg.com/mays-days-virtual-run-results>

**Use the RunnerReg App (iOS users only, for now)** - The easiest way to get on the MayDays Leaderboard is to use the RunnerReg app, you're an iOS user. Your activity will auto-complete at 30 or 60 mins and your results will immediately post to the leaderboard.

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

>>> **Download RunnerReg Android App 16 May:** <https://play.google.com/store>

>>> The RunnerReg App for Android is available for download from 16 May, please check back here. Android, Strava and other users - If you're out running for more than 30 / 60 mins and prefer to upload your result from Strava, or another service, submit your activity by logging into RunnerReg.com and going to:

>>> **MY RACES > ACTIONS > UPLOAD RESULT**

> Here is a screenshot of MY RACES -

<https://my.runnerreg.com/maydays-actions-upload>

>> And here is a screenshot of page 2, UPLOAD RESULT -

<https://my.runnerreg.com/maydays-upload-results>

**10) Overview/Updates** - Follow our Facebook page for more updates!  
<https://my.runnerreg.com/maydays-run-facebook>

Happy MayDays running and looking forward to celebrating with you at the finish line! Registration is here - <https://my.runnerreg.com/maydays-run-registration>

## **REGISTRATION FEE**

- All categories: Free up to 14 May
- All categories: HK\$15 from 15 May - 31st May

## MAYDAYS EVENT RULES

1. Continuous Walk/Run/Hike Activities - All activities must be continuous with no pausing.
2. Elapsed Time. We use elapsed time on Strava for final results and rankings. The definition of elapsed time on Strava is here.
3. Maximum Daily Run Time - Kids 5 min (unlimited daily attempts), Adults 30 or 60 mins.
4. Missed Days - It is permissible to have rest days.
5. Multiple Categories - You can register for more than one category.
6. Submissions over the maximum daily run time - Please submit the exact challenge time you are participating in. For example if you are competing in the daily 30 mins challenge, each upload should be a 30 min activity.
  - a. Only the first 30 or 60 mins of your activity will be counted.
  - b. Penalties may be applied to account for moving vs elapsed time if the activity is over limit.
7. No Treadmill or other indoor walk/hike/run activities are permitted.

### **8. 400K challenge rules are as follows.**

- a. Go to RunnerReg.com > My Races > MayDays > Upload Results
  - i. Select Strava Activity and provide a public link to your training log. Eg. <https://www.strava.com/athletes/7330803/training/log>.
  - ii. Provide ONLY ONE upload to your RunnerReg account including your total elapsed time and total distance completed for the month of May.
  - iii. Upload two images summarising your challenge completion:
    1. A profile photo of you that will be shared to celebrate completion of this challenge.
    2. A screenshot proving your total elapsed time and distance as shown on your Strava account.
  - iv. For podium ranking & prizes eligibility, please note, only publicly shared strava account training logs will be accepted: Eg. <https://www.strava.com/athletes/7330803/training/log>
    1. If you're participating mainly as a personal challenge, any training log will be accepted.



## MAY DAYS PRIZES

Top Overall Solo Male & Female - 30MIN | 60MIN | 400KM

HK\$5000 Asia Miles to each of the top six solo male/female finishers of this event.

1st - HK\$600 RunnerReg Race Credit + Milestone Cap & Socks

2nd - HK\$400 RunnerReg Race Credit + Milestone Cap & Socks

3rd - HK\$200 RunnerReg Race Credit + Milestone Cap & Socks

Top Overall Teams - Male, Female, Mixed - 30MIN | 60MIN | 400KM

1st - HK\$600 RunnerReg Race Credit

2nd - HK\$400 RunnerReg Race Credit

3rd - HK\$200 RunnerReg Race Credit

1. Top 3 male and female solo runners and family teams will win one HK\$200 iTunes or Google Play Gift Card:

1) Family Team (kids under 8 yrs)   2) 8 - 14   3) 15 - 19

2) *Total prize pot is HK\$1800 in Google Play and Apple Store cards.*



## MAYDAYS KIDS CHALLENGE

Registration: <https://my.runnerreg.com/maydays-run-registration>

Entry List: <https://my.runnerreg.com/may-days-virtual-challenge-entry-list>

Results: <https://my.runnerreg.com/mays-days-virtual-run-results>



1. Are you ready for this fun challenge? You have one chance each day to complete your best 5 min PB run!
2. You have 11 days and unlimited attempts. Only your best 5 min PB will show here: <https://my.runnerreg.com/mays-days-virtual-run-results>
3. You don't need to run everyday, just watch the leaderboard and see what you can achieve!
4. Top 3 male and female solo runners and top 3 family teams will win one HK\$200 iTunes or Google Play Gift Card:

Family Team (kids under 8 yrs)

8 - 14

15 - 19

*Total prize pot is HK\$1800 in Google Play and Apple Store gift cards.*

5. You can practice once a day until the race begins on 21 May.
6. Download the iOS RunnerReg App here: <https://my.runnerreg.com/app>

*The Android RunnerReg App will be available for download on 15 May.*

7. Any questions? Please whatsapp us!  
- <https://my.runnerreg.com/whatsapp>  
-

**Kids can test it out and  
train from now until  
the race starts!**

## MAYDAYS USEFUL LINKS

MAYDAYS.RUN REGISTER - <https://my.runnerreg.com/maydays-run-registration>

iOS RUNNERREG APP - <https://my.runnerreg.com/app>

OVERVIEW - <https://my.runnerreg.com/maydays-run-overview>

ENTRY LIST - <https://my.runnerreg.com/may-days-virtual-challenge-entry-list>

RESULTS - <https://my.runnerreg.com/mays-days-virtual-run-results>

UPDATES - <https://my.runnerreg.com/maydays-run-facebook>

## MAYDAYS Q&A

1. Can I split my 30 min or 60 min run up into separate parts?

- You have one chance to run your best over 30 mins or 60 mins daily. This must be one continuous effort, cannot be split into multiple activities and the full 30 mins or 60 mins must be completed.

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. My RunnerReg App distance is different from my Strava record, which one should I use?

- Where there is a discrepancy between the RunnerReg app result and your personal device / Strava result, the RunnerReg app result will be taken as the final result. If the RR App was not used to record your activity, Strava activities will be accepted as the final result.

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

- We use elapsed time on Strava for final results and rankings. The definition of elapsed time on Strava is here.
  - a. All virtual challenges are to be self navigated and timed using Strava and must be completed continuously as one activity on the same day. MayDays Run is a cumulative result challenge, where participants submit multiple activity results over the course of the challenge opening period.
  - b. We may request your gpx file(s) for podium finisher verification.

- c. Time penalties may be applied if any part of the challenge is not completed:
- i. The time penalty will be calculated as 2 times your average pace for the challenge (as taken from Strava) multiplied by the distance that was missed.
  - ii. The time penalty is rounded up to the nearest minute.
  - iii. Eg: Avg. pace 10 mins/km. Section of course missed: 2km.
    1.  $10\text{min/km} \times 2 = 20\text{mins/km} \times 2\text{km missed course} = 40\text{ mins time penalty.}$



# MAYDAYS.RUN