

1ST OCT - 31 DEC 2021

2021 BIX CHALLENGE

RUN OR WALK 5K, 10K OR 21.1K IN OCTOBER TO DECEMBER 2021.

FREE REGISTRATION ENTRY FEE
SOLO ONLY
BIX PRIZES FOR OVERALL TOP WINNERS
FOR EACH CATEGORY

SIGN UP!



Exchange
and
Empower



VICTORINOX

ASIA MILES



FREE ENTRY - BIX.RUN CHALLENGE '21

The time is now to set a BIX Hydration running goal for yourself! Run your fastest 5K, 10K, 21.1K half marathon. All 3 categories have unlimited PB attempts. Visit RunnerReg.com to register and reach your new Personal Best '21!

BIX.RUN CHALLENGE '21 RACE CATEGORIES

Race #1: 5K - Run your 5K personal best before 11:59pm 31 Dec 2021 and join the leaderboard automatically. Unlimited PB attempts. RUNNING TRACKS MEASURING 800M OR LESS ARE NOT PERMITTED FOR THIS CHALLENGE.

Race #2: 10K - Run your 10K personal best before 11:59pm 31 Dec 2021 and join the leaderboard automatically. Unlimited PB attempts. RUNNING TRACKS MEASURING 800M OR LESS ARE NOT PERMITTED FOR THIS CHALLENGE.

Race #3: 21.1K - Run your 21.1K personal best before 11:59pm 31 Dec 2021 and join the leaderboard automatically. Unlimited PB attempts. RUNNING TRACKS MEASURING 800M OR LESS ARE NOT PERMITTED FOR THIS CHALLENGE.

REGISTER FOR BIX.RUN CHALLENGE '21

Each Tablet Contains:

Vitamin C - 200 mg
Magnesium - 150 mg
Zinc - 10 mg
BCAA's - 100 mg
Q10 - 3 mg
Vitamin E - 10 mg
Bromelain - 100 mg
Calcium - 50 mg
Iron - 2.5 mg
Potassium - 50 mg
Sodium - 150 mg
B12 - 3 mcg



Magnesium

is an essential nutrient in the body that is needed for the body and muscles to function properly.

Magnesium mainly exists in muscles and bones whereby a deficiency can have a negative impact on overall health and running performance.

Why Should I Take it?

A lack of magnesium can have several implications on the body. For runners and active people, it can reduce aerobic fitness and overall athletic performance.

What's more, deficiencies can lead to fatigue, exhaustion, low bone mineral density, depression, insomnia and more.

Bix Recovery can ensure an adequate bioavailable dose to support your running goals.



WHAT IS BIX? BIX.RUN CHALLENGE '21

Bix Recovery is formulated to provide your body with essential vitamins and minerals, promoting energy levels, boosting physical performance & recovery and supporting the immune system. It is 100% Vegan and super refreshing with natural flavours plus is Gluten free and has zero sugar!

- Supports muscle relaxation and enhances muscle recovery.
- Strengthens the immune system by supporting white blood cell function.
- Assists the hydration process by increasing the rate of fluid absorption.
- Regulates immune function and aids with recovery.
- Prevents exercise-induced oxidative damage.
- Supports strong and healthy bones.
- Helps maintain fluid and electrolyte balance.
- Essential in muscle repair and decreasing muscle soreness after exercise.
- Delivers oxygen throughout the body and boosts energy metabolism.
- Helps with red blood cell formation and provides energy.
- Promotes heart health and blood flow for faster recovery.

REGISTER FOR BIX.RUN CHALLENGE '21



All HK, MO, SG finishers will be entitled to a personally engraved Victorinox 582 Nail Clip/Tweezer/toothpick sponsored by Victorinox Hong Kong. Engraving is free in shop and you'll also enjoy a 15% Victorinox Shopping Discount*.

** Limited edition, new launch and discounted items are not eligible for this offer.*

Redemption period: 1 – 31 Jan 2022. LIMIT OF ONE VX AWARD PER EVENT.

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PODIUM PRIZES BIX.RUN CHALLENGE '21

Top Overall Solo Male & Female - 21.1K

- 1st - BIX Recovery Single Tube X 8 (Value ~HK\$600)
- 2nd - BIX Recovery Single Tube X 2 (Value ~HK\$200)
- 3rd - BIX Recovery Single Tube X 1 (Value ~HK\$100)

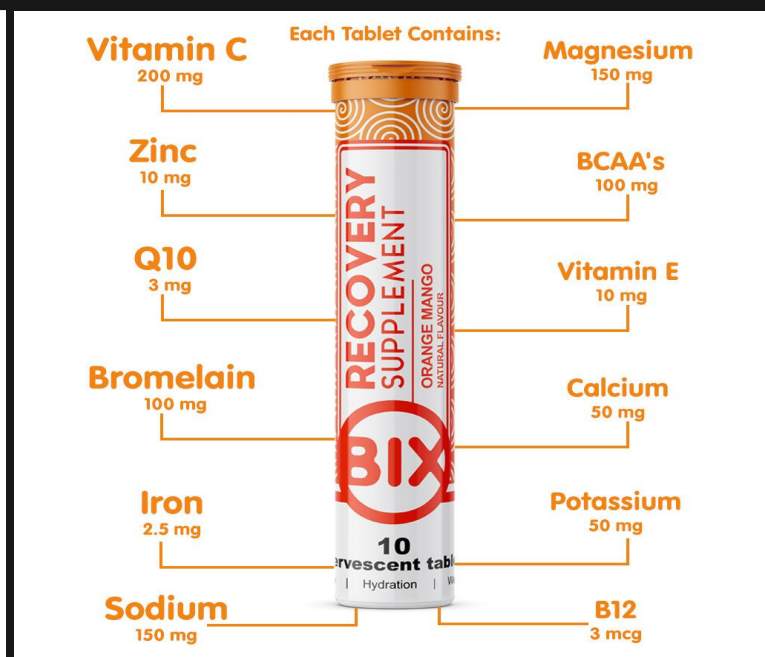
Top Overall Solo Male & Female - 10K

- 1st - BIX Recovery Single Tube X 3 (Value ~HK\$300)
- 2nd - BIX Recovery Single Tube X 2 (Value ~HK\$200)
- 3rd - BIX Recovery Single Tube X 1 (Value ~HK\$100)

Top Overall Solo Male & Female - 5K

- 1st - BIX Recovery Single Tube X 3 (Value ~HK\$300)
- 2nd - BIX Recovery Single Tube X 2 (Value ~HK\$200)
- 3rd - BIX Recovery Single Tube X 1 (Value ~HK\$100)

REGISTER FOR BIX.RUN CHALLENGE '21



ENTITLEMENTS BIX.RUN CHALLENGE '21

- All HK, MO, SG finishers will be entitled to a personally engraved Victorinox 582 Nail Clip/Tweezer/toothpick sponsored by Victorinox Hong Kong.
 - Engraving is free in shop and you'll also enjoy a 15% Victorinox Shopping Discount*. **LIMIT OF ONE VX AWARD PER RUNNER PER EVENT.**
 - * Limited edition, new launch and discounted items are not eligible.
- 15% RACE CREDIT BACK ON ALL MILESTONE GEAR, ALTRA OLYMPUS 4.0 & T8.RUN GEAR ON SHOPAND.RUN FOR ALL PARTICIPANTS.
- ONE FREE MONDAY NIGHT HIIT TRAINING SESSION. 730PM TAMAR PARK.
 - EN LEAFLET - <https://my.runnerreg.com/pdf-tgr-training>
 - 中文 LEAFLET - <https://my.runnerreg.com/pdf-tgr-training-cn>
- 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 ON THE FOLLOWING BRANDS:
 - BIX HYDRATION, GIPRON PROFESSIONAL TRAIL POLES, TAILWIND, T8.RUN, FRACTEL PERFORMANCE HEADWEAR, CRAMPFIX, SPRING ENERGY. 10% OFF - ALL OTHER MERCHANDISE AT GONE RUNNING.



gone running 喜跑
www.gonerunning.hk

BIX.RUN CHALLENGE '21

0923

ALIEN TONG - HONG KONG SAR

5KM - SOLO

RUN SAFE! | FOLLOW LOCAL COVID-19 REQUIREMENTS.

ORGANISER: TGR | TEAM@TGR.RUN | 中文@TGR.RUN



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RUNNERREG

EVENT RULES - BIX.RUN CHALLENGE '21

1) **VENUE.** This race is virtual and can be completed anywhere outside. Indoor treadmill and outdoor track ($\leq 800\text{m}$) running are not permitted for this event. Participants found to be using a treadmill or outdoor track will be disqualified.

2) **CATEGORIES.** There are 3 races in this challenge.

- You can participate in 1, 2 or 3 of these races.

Each time you run, your activity can only be reported to one race.

3) **RANKING.** All categories are ranked by the best finish times.

- Ranking is by: open race category, gender, age group and nationality.
- A maximum of one race attempt daily is permitted with the timer resetting at midnight.

4) PRIZES. Prizes will only be awarded to the open Solo Male & Solo Female race categories. See the prize table above.

5) TIMING. The RunnerReg App must be used for the 5K, 10K and attempts will be automatically updated to the leaderboard. A Strava activity may be submitted for the 21.1K half marathon. Practice mode available on the RunnerReg app.

RunnerReg App on Apple iOS*

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

RunnerReg App on Google Play*

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

6) BACKUP. Strava activities must also be kept as a backup to support your results and in case of any issues using the RunnerReg App.

- Runners must set their Strava activities for this event to “public” so all participants will have a fair visibility of results as/when needed.

7) CERTIFICATES. Daily completion certificates and end of challenge finisher certificates are automatically generated on RunnerReg.com. Just log into your account and go to My Races to download!

8) DATES. This event starts on 1 October 2021 at 12:00 am HKT and ends on 31 Dec 2021 at 11:59 pm HKT. All leaderboard results are automatic. Should any manual results submissions be required, they must be received by 1 Jan 2021 12:00pm.

- Final results + prizes will be announced the following week.

9) RESULTS. Use Of Activities For Multiple Virtual Events And Multiple Race Categories Within One Virtual Event.

1. Multiple Virtual Events: One Result: We consider it common practice for virtual races, that many participants use one result to compete in different events. For example a participant may complete 100KM “Virtual Race A” and then subsequently use the first 50KM that result to compete in 50KM “Virtual Race B”. We consider this practice to be acceptable.

2. One Virtual Race, Multiple Race Categories, Multiple Results: Participants may compete in multiple categories of the same event. For example, one event may have the following categories:

1. 10MIN Run
2. 10KM Run
3. 100M Climb

- **NB:** Each race category should be completed as a separate activity with a separate result. For example, the 10MIN run result may not also be used in the 100M climb race.

- In the case where one activity result is found to be submitted for multiple race categories of the same event, we will only accept the first submission and all subsequent submissions using the same result will be rejected.

- Contact info@runnerreg.com with any questions


3. Use Multiple Accounts / Alternate Named Accounts for one participant: We do not consider the practice or use of multiple accounts set up on RunnerReg under different names to be acceptable.

- Any participant found to be competing under different names (multiple accounts) will have their results removed without prior notice. As with all events on RunnerReg, the organiser reserves final right on decisions regarding registrations, results and awards.

10) SAFETY. REMEMBER TO RUN WITHIN YOUR FITNESS ABILITY, RUN WITH A PARTNER WHERE PRACTICAL, SHARE YOUR LOCATION WITH A FRIEND AND BE SAFE!

11) The Race Director/Organiser reserves final decision on any disputes.

RUN FOR A CAUSE!

Choose bib 0001 - 0100 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! 



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USEFUL LINKS FOR BIX.RUN CHALLENGE 2021

<u>REGISTER</u>	<u>OVERVIEW</u>
<u>RESULTS</u>	<u>ENTRY LIST</u>
<u>UPDATES</u>	<u>QUESTIONS</u>
<u>RunnerReg App on Apple iOS</u>	<u>RunnerReg App on Google Play</u>



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and
Empower

SUPPORT

HELP SUPPORT YOUNG FEMALES IN NEPAL WITH OPPORTUNITIES TO TRAIN, RECEIVE EDUCATION AND BROADEN THEIR HORIZONS. RUN WITH A DONATION BIB TO SUPPORT!

♥ RUN FOR A CAUSE!

Choose bib 0001 - 0100 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! ♥

BEST YOURSELF WITH BIX.RUN IN 2021!