



Rules for RunnerReg Virtual Hike & Run Events > [RunnerReg.com](https://runnerreg.com)

TGR Trail Running Maps & GPX are available at tgr.run/maps

For the safety of all participants and the general public, you must follow these guidelines during a virtual challenge. Also, you need to prepare to participate in virtual challenges within your own means & fitness level.

Covid-19 Update - RunnerReg Refund & Transfer Policy

- All registrations include a 14-day full cash refund policy for cancellations. If the organiser must cancel or postpone an event due to COVID19 restrictions, we'll give you a 100% RunnerReg Credit refund within 14 days of the announcement. Visit runnerreg.com/refund-policy for more information.

You must follow these rules for all Virtual Run challenges hosted by [TGR.run](https://tgr.run) and [RunnerReg.com](https://runnerreg.com) during registration, participation and results submission. You also need to register for the virtual challenge on [RunnerReg.com](https://runnerreg.com) in order to compete and be eligible for final ranking and finisher prizes.

1. Types Of Virtual Challenge Registrations

- a. Best Result / Continuous - This type challenge must be completed as one continuous activity and you may run the same challenge as many times as you wish. Only your best result will remain updated to the leaderboard. An example of this is the MindHK 10K Challenge.

NB. In the interest of fairness and good sportsmanship, the same run activity may only be used to compete in one *Best Result* category. Eg. You may not use your 21k run activity to compete in both the 21k and 10k.

- b. Cumulative Result - With this type of challenge, there is a total distance, time or elevation to be achieved and you may submit multiple activity results in order to reach the challenge target. An example of this type of challenge is the MindHK 50K in February Challenge.

2. Navigation

- You need to have the route gpx and/or Strava route readily available for navigation while participating. All map files are available here. There are two types of routes for virtual challenges:
 1. Fixed route - If there is a specific virtual challenge route, you need to follow it. If there is any doubt regarding the route, contact the organiser.
 2. Open route - If there is no specific route, the virtual challenge may be completed anywhere outdoors. You should give

preference to running outside urban areas and in green spaces or country parks.

3. Route direction

- Complete the route clockwise unless stated otherwise. Check your Strava and GPX file carefully to confirm the direction of the route you have registered for.

4. Course markings

- There are no course markings along virtual challenge routes. Review and familiarise yourself with the course map / gpx route in advance. You can also find the course information on the event home page, and you should review it before attempting any virtual challenges. You must download the GPX file of the course to your mobile or GPX watch and have this readily available for navigation.

5. Road and traffic awareness

- Participants should take extra care when approaching urban areas and road crossings, and obey all traffic signs.

6. Aid stations

- There are no checkpoints or water stations along the route. Where possible, we'll highlight local convenience stores, supermarkets, kiosks, and shops along the route. You should be self-sufficient and carry at least 1.5 - 2L hydration, and 300 - 500 calories of nutrition, but you can also use outside support from friends and family along the route. As required by local laws and regulations, runners should

also carry personal identification, cash, credit card and mobile phone with local sim card.

7. Single attempt

- Unless otherwise stated the majority of routes are designed to be completed in one go. Some longer distance events allow for cumulative results submissions and this will be clearly stated in the registration.

8. Dates and deadlines

- Each challenge has separate start and finish dates.
 - a. You may start anytime after 7 am (local time) on the event start date.
 - b. You must finish by 7 pm (local time) on the final day of the challenge.

9. Activity submissions

- All results must be submitted using the uploader below, by 11:59 pm on the final day of the challenge. You must submit:
 - a. Two selfie photos are needed per the registration waiver.
 - b. One photo should be taken at the start line and one on the course. Please note these photos will be shared publicly.
 - c. Results and photos should be uploaded at RunnerReg.com > My Races > Actions > Upload Results
 - d. Strava link showing the elapsed time and covering the registered runner completion of the route:
 - i. E.g. Check out my hike on Strava:
<https://strava.app.link/E8awsHuac5>

10. Proof of Completion

- We may ask for your gpx file in case of time in case of discrepancies or for tie-breakers. All attempts must be outdoors - treadmill and other motorised attempts are not permitted, and we may disqualify results that are unverifiable via gpx. TGR Trail Running Maps & GPX are available at tgr.run/maps

11. Multiple attempts

- While you usually must complete the challenge in one go, you can take multiple attempts of the same event. Simply register for the event again and select a new bib number to compete under. Prizes will only be awarded for your top performance and not for additional attempts.
 - a. Partial attempts or incomplete attempts will not be accepted. Eg. Submitting a better time for 1 leg of a 3 Islands challenge will not be accepted.

12. Timing & Ranking

- 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 on the same day. One exception is cumulative result challenges, where participants submit multiple activity results over the course of the challenge opening period.
 - b. Unless otherwise stated, virtual run attempts must be outdoors - treadmill attempts are not permitted.
 - c. We may request your gpx file for podium finisher verification.

- d. Time penalties will be applied if any part of the posted route is not completed. Maps & GPX are available at tgr.run/maps
- 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. $10\text{min/km} \times 2 = 20\text{mins/km} \times 2\text{km missed course} = 40\text{ mins time penalty.}$

13. Prizes

- Each event has different prizes available and typically awarded to the top 3 male, female and teams overall.

Note: Team size will not be taken into account for team rankings and prizes. I.e. Teams of 2, 3, 4 & 5 participants are all competing together for one Top 10 Team Ranking.

** NB: Not all events have team categories available.*

14. Final results

- Final standings for all virtual challenges will be finalised within 24 - 72 hours of the event completion.

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 may 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.

15. RunnerReg Credit

- You can accumulate and use your RunnerReg Credits for TGR trail races, virtual challenges retreats and runner gear add-ons*
Running retreats have previously been hosted at the following locations:

1. Canada
2. China
3. Hong Kong
4. Japan
5. Singapore
6. Thailand

*Find our latest events open for registration on [RunnerReg.com](https://runnerreg.com).

16. Sportsmanship

- Virtual Challenges are self-supported, semi-competitive, fun challenges. Runners should uphold honour, good sportsmanship and honesty at all times. Always run well-equipped, hydrated, with a partner, and prepared for adverse conditions on the day.

17. Personal accident insurance

- You must have adequate personal accident insurance in place in order to participate in this event.

18. Weather

- All participants should be prepared for adverse weather conditions. Check the local weather forecast before attempting your virtual challenge:

- [Global locations](#)
- [Hong Kong](#)
- [Singapore](#)
- [Canada](#)
- [USA](#)
- [United Kingdom](#)

19. Environmental responsibilities

- No littering on the course, carry all litter off the route with you and dispose of or recycle it responsibly.

20. Disputes

- The organiser reserves the right to a final decision under any disputes and may change the rules or regulations for this event at any time.

21. Refunds & Cancellations

- Refunds - All events listed on RunnerReg follow the [RunnerReg.com](#) refund policy including a 14-day full cash refund for any reason.
- Cancellations - If the organiser must cancel or postpone an event due to COVID19 restrictions, we'll apply a 100% RunnerReg Credit refund to your RunnerReg account within 14 days of the announcement. Visit [runnerreg.com/refund-policy](#) for more information.

22. Registration Waiver

- By joining this event, you accept the full terms of our waiver and agree to abide by all local government laws while participating. Participants agree to abide by our virtual run challenge rules set out in this document and also the following applicable waiver:
 - Hong Kong Waiver
 - Singapore Waiver
- All participants must have adequate personal medical insurance coverage in place and accept they must run at their own risk.
- The refund & cancellation policy, waiver and event rules are all a condition of participating in this event.

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

24. Contact Us

- Further Questions? Please send us an email if you have any questions on changing your registration details:

1. Whatsapp

Hong Kong: +852 9163 3306 - runnerreg.com/whatsapp

2. Email - Registration Questions: info@runnerreg.com

3. Website - runnerreg.com/contact



FAQ - Frequently Asked Questions

Q1. How do I upload my Strava activity to the results on RunnerReg?

- You'll need to copy the link for your activity from Strava, or other fitness service listed below.
- For more information please read the following Strava article: [Sharing your Strava Activity](#).
- To upload your activity, go to:
 - **[RunnerReg.com](#) > My Races > Actions > Upload Result**

Q2. Where do I download my Completion and/or Finisher Certificate?

Once your result is approved, your completion certificate will be available for download at:

- **[RunnerReg.com](#) > My Races > Actions > Completion Certificate**
- **[RunnerReg.com](#) > My Finishes > Actions > Finisher Certificate**

Completion Certificate - Available following approval of your latest upload for the challenge. This certificate shows your finish time and distance completed.

Finisher Certificate - Available 24 hours following the event completion. This certificate shows your final ranking by:

1. Overall
2. Solo/Team
3. Age
4. Gender
5. Nationality/Residence

Q3. If base entry is free, will I still be entitled to podium prizes and ranking?

- Yes. The free registration fee includes E-bib, leaderboard ranking and access to all podium prizes.
- Paid add-on bundles usually include: Hard Copy / E-Certificate, Finisher Tee and Finisher Medal.

Q4. If I do not have any sports watch that can sync with Strava, what should I do?

- If participants do not use a sports watch, they should download Strava and complete the specified route using this app. Visit [Strava.com](https://www.strava.com) for more information.
- The following activity apps are also accepted for upload on [RunnerReg.com](https://www.runnerreg.com):

1. Adidas Runtastic - <https://www.runtastic.com/>
2. Apple Watch Activity - <https://www.apple.com/>
3. Asics Runkeeper - <https://runkeeper.com/cms/>
4. Fitbit Share - <https://www.fitbit.com/hk/app>
5. Garmin Connect - <https://connect.garmin.com/>
6. Nike Run Club - <https://www.nike.com/nrc-app>
7. Samsung Health -
<https://www.samsung.com/us/apps/samsung-health/>
8. Strava Activity - <https://www.strava.com/>
9. Suunto Movescount -
<https://www.suunto.com/en-hk/suunto-app/suunto-app/>

- <https://www.movescount.com/?home>
- [Movescount.com - Powered by Suunto](#)

Q5. For Cumulative Events, do I need to submit my km completed following each run or should I accumulate my results and then submit near the completion of the event?

- Every time a run activity is completed, it should be submitted on the [RunnerReg.com - My Races](#). Each activity should only be submitted once and all duplicates are automatically rejected, regardless of whether the duplicate is submitted for the same category or different category of the event.

Q6. What is elapsed time?

- A. Elapsed time is the duration from the moment you press start on your fitness device, gps sport watch or smartphone, to the moment you finish the activity. Read more about Elapsed Time vs Moving Time on Strava [here](#).

Q7. During my run, do I need to stop and resume the run. Or leave it as it is until I finish the run?

- Every time a participant is out running they should continue their activity until final completion. Pausing of your activity during progress is permitted. Every time a run activity is completed, it should be submitted here: runnerreg.com/portal/my-races.

Q8. For events that take place over a date range, does it mean I can run as many days as I can during the challenge period?

- Yes, all participants can run/walk/hike and submit their activities anytime during the set challenge period.

Q9. Can I use Runkeeper™ to record my run?

- Yes, participants can use Runkeeper™ and may wish to synchronize their run activities to Strava. See the following article: [Moving your activity history from Runkeeper to Strava.](#)

Q10. I've already registered but I'd like to purchase an add-on item now. May I purchase the additional add-on items before the challenge?

- All add-on items such as medals, finishing certificate, T-shirts, T8 trucker caps etc are available on:
 - **RunnerReg.com > My Races > Action > Edit Registration**

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