

Torfaen Runners Elevation challenge 2020

Welcome to our elevation challenge

1. This is **not a competition** but a friendly challenge to encourage everyone to keep active in these difficult times. Participants shall run/walk/cycle at their own risk, and should follow government guidelines at all times and all liability insurances should be borne by the individual. Torfaen Runners are in no way liable.
2. This challenge is 'virtual' and therefore not a licensed event. It is not covered by insurance.
3. This challenge is a fun way to do your normal training and then at the end of the week/month see what elevation you have achieved. Torfaen Runners are not suggesting you do any more training than your ability/age/health allows.
4. All entrants must consider their safety at all times. If your route is on roads, please follow road safety and be careful on road crossings, take all relevant safety precautions and carry a mobile with you in case of an emergency. If your route takes you off road please ensure you take all the relevant kit according to the location, terrain and duration of your run/walk/cycle.
5. Under 18's have the option of entering the junior category which allows them to purchase a vest. This is not part of the main challenge and is just for fun. It's a way for under 18's to accumulate their normal training and walks to see what elevation they have done by the end of the month.
6. There will be no winners for under 18's. This is just for fun and gives parents an option to buy them a matching vest! Under 18's can have a bike or run/walk vest and their elevation can be a combination of all three.
7. Please ensure that if your children are participating you have properly considered your child's ability and health and safety. This is an unlicensed event and Torfaen Runners cannot be held accountable for your child's welfare. Parents and/or guardians are entirely responsible for their child's safety at all times.
8. Please make sure you have entered via Fabian 4 and check you have selected the correct entry category so you are either running/walking or cycling your elevation.
9. Each entrant in the full challenge run/walk and cycle options (not the non-vest option at £7) will receive a personalised vest with their name and the elevation in ft on the back (cycle entrants will have a bike logo to show that they completed the bike challenge).
10. The entrants for the £7 non- vest category will be entered into the results table showing name and elevation in feet achieved. If they were to gain the most elevation, they would receive a winners vest but would not receive a personalised vest. So if you are entering the vest-inclusive option you stand a chance of having a winner's vest as well as a personalised one. The £7 entries have a chance at the winners vest only.
11. Torfaen Runners reserves the right to disqualify anyone not keeping to the spirit of the event eg cheating by recording an incorrect mode of transport for your entry or using an electric bike/motor vehicle as part or all of your activity.
12. This is a bit of fun so please demonstrate sportsmanship by submitting the elevation you have done in the categories mentioned. I am sure you wouldn't want a

personalised vest with the elevation you haven't actually gained for yourself in the correct manner.

13. When recording your elevation it must be from an activity carried out by the entrant and not for example a recording of the daily elevation from everyday movement from ie. 8 hour shift at work, walking up and downstairs at home all day etc. So an activity for this event is classed as leaving your house and recording a walk/run or cycle depending on what challenge you have entered.
14. This is not a race or competition against others, the aim of the challenge is to encourage adults/children/families to be active. Please set achievable goals appropriate to the ability and age of the individual, these could always be built upon throughout the month or reduced as no one else needs to know what goal you have set. The elevation printed on the vest will be a reminder of the effort throughout July and something for that individual to be proud of no matter what another individual may have achieved.
15. When recording your activity on your Garmin/Strava please do not crop just to include the elevation element of the run/walk/cycle. Again this is a bit of fun and I am sure you would all love the stats at the end of the week/month to show all the activity info.
16. Any altering of elevation on Strava/Garmin or equivalent will be considered poor sportsmanship and a bit pointless for a challenge, please don't do it. We are aware that different devices might record different climbs with slightly different elevation but as we have said IT IS A BIT OF FUN and this cannot be avoided. However, please do try and check your runs/walks/cycles are recorded as accurately as possible and your device does not have an error before starting. We reserve the right to disqualify if we believe a device to be grossly inaccurate.
17. Each week you will be asked to submit your stats for that week via a google form, a simple click on the link form to produce some data for everyone to compare and accumulate their elevation. This will not be compulsory but will be encouraged in the spirit of the challenge.
18. The challenge runs from 1st July 00:01 hours to the 31st July 23:59 hours 2020. Only elevation achieved between those two times/dates will be included in the challenge results.
19. Data will be collected and we aim to have released the results by the beginning of August 2020. All personalised vests will begin to be printed in August with collection available from 3-4 weeks later (depending on number of entries). Collection will be from various places across Torfaen. For entries outside this local area there is an option at the time of entry to pay £3.50 for standard 1st class delivery for all vests included in the entry. Select this option in step 3 of the entry process if you are unable to collect your vest from Torfaen.
20. The information you send on the google forms after the challenge will be printed on your vest, any misprints will be corrected on our side if we have not printed what you send on the google forms. You will be asked for the name and the amount of elevation after the event.
21. Vest sizes will be ordered throughout July, the size of vest you order when entering will be the size you receive. No amendments can be made, as vests will be printed first then personalised after the event.

22. Your activities do not have to be carried out on mountains. Run/walk entrants can do their activities on hilly paths/lanes/tracks. Cyclists can use mountain bikes for off road activities or road bikes for road/lanes or a combination of the two.
23. **This is a bit of fun** and friendly banter so please enjoy your own challenge and get out and be inspired by others not knocked back because they have climbed more than you! You have all of July to accumulate the elevation so just do your normal training or use the challenge to encourage that extra run/cycle into your day/week ☺.
24. **Have fun and we look forward to seeing what personal goal you set yourself and achieve!!**
25. **Torfaen Runners facebook events page will be sharing all the event updates throughout July. Including the weekly stats of those that want to share their progress!!**

Provisional vest design below, (wording and text position may change from design shown). Winner vest design/colours will be a surprise and released mid July!!!

Any queries please contact Clare Patterson : clarepatterson@hotmail.com or Torfaen Runners : <https://www.facebook.com/torfaerunners>

