

THE Run For Wildlife 10K Information Pack 2022- VIRTUAL

Hi everyone, this is the information pack for those choosing to join us virtually for 2022... (if you're joining us for the event on the day then go check out the other info pack!)

Your 'virtual' support means we can support the Wildlife Park Foundation even more, and means you can join us if you can't make the day or just fancy doing your own thing :)

This pack aims to explain what happens, how everything works, and hopefully, you can then go off and run an amazing 10k

What's the challenge ?

- a) Join us (virtually of course!) between the 24th of April and Monday the 2nd May and complete your 10k (this option is great fun for those on social media, as we have lots of activity going on during event weekend!)
- b) Complete the distance by midnight on Monday the 2nd May. It doesn't have to be all in one go either; you can complete the distance over several sessions :-)



RESULTS

Where do I submit my results?

You don't have to submit your results, but if you would like to and appear on the leaderboard then please visit here: <https://etchrock.com/myorders> pick the event, and under actions header you will see 'submit results'.

Here you can submit 'honesty results' 'evidence results including uploading a picture. Choose 'honesty result' ... perfect if you don't track your running. You will appear on



the results leaderboard, but you won't be 'ranked' in the final results. (Nb: virtual results will appear separately from the main event)

Choose 'evidence based result' . . . This requires you to provide a link of your activity from the fitness device that you used (Strava, Garmin, Fitbit, Endomondo etc.) You can also upload a picture of your run if your technology is not having a good day!

More details on the process is here: <https://etchrock.zendesk.com/hc/en-us/articles/360011213578-Participant-Submitting-evidence-for-a-virtual-event->

RESULT tips

- If something has gone wrong, then use this form to get in touch so we can help; <https://curlysathletes.co.uk/results#49538bed-4d75-4f72-a1b0-13aec5668ccd>
- RUN THE DISTANCE, we don't mind you doing it in stages. If you do this then please submit as a honesty result. If you run further, be sure to send us the time for 10k of your run vs a marathon :)
- DON'T BE LATE, last day for results to be submitted is the 2nd May
- When entering your time it is hour first, then minute, then seconds so 45 minutes and 10 seconds would be 00:45:00

When will I receive my medal (and other items)?

Your medals will be sent out the week after the main event day. If you've ordered a t-shirt, this will also be sent out at the same time :)

Join in the fun!

Please tag us in your social media, post on our Facebook page, or in the event page on Facebook. Share pictures!!! We would love to help you celebrate your achievement and say thank you :)

FAQ's?

What if I don't run?

We will still send out your medal and any kit you've paid for. You don't have to submit results if you don't want to.

Queries / Questions?

Please email us at contact@curlysathletes.co.uk with any further questions