

# EKIDEN 2020 VIRTUAL RELAY

26.2 miles divided by 6 people over 3 days!

**FREE ENTRY**

Did you enjoy the last virtual relay or wish you had taken part?  
Do you want to be part of a sub marathon time of 5hour/4hour or even 3 hour?  
Does your child also want to take part in a virtual relay?

**Join NRR for the Ekiden relay**

**FRIDAY 10<sup>TH</sup> JULY TO 6PM SUNDAY 12<sup>TH</sup> JULY**

(Total distance of all legs = 1 marathon)

**Run on your own or under current social distance rules**

Juniors can run and be timed by someone in household

**Open to all members**

Those that have not renewed yet are treated as a member

**Choose your own route**

You can be in more than one team

## SENIORS (Age 16+)

**LEG 1 7.2KM**

**LEG 2 5KM**

**LEG 3 10KM**

**LEG 4 5KM**

**LEG 5 10KM**

**LEG 6 5KM**

## JUNIORS

**LEG 1 1MILE**

### INTERESTED?

Complete the google form!

[HTTPS://FORMS.GLE/EQBZ34IUSUV9BHH57](https://forms.gle/EQBZ34IUSUV9BHH57)

**SENIORS** Fill in the leg that you want to take part in and an idea of days you would be available/if there is anyone you want to be in your team.

**JUNIORS** Let us know your child's name/age and the household member who will be timing them on the google form

