

Virtual 5K Team Challenge and Elite National 5K Road Championships

For information, please visit <https://www.medaviecanadian5kchampionships.ca/>

The virtual team. How it works:

- Teams can complete their events at any time between August 28, 2021 at 12:00AM ADT and September 10, 2021 at 11:59PM ADT. Results must be submitted on race roster during this period.
- Runners can run any course, at any time.
- In order to qualify for prizes, teams must provide evidence of their time when uploading to race roster – this can be **either** a picture of their GPS watch, a link to their activity (i.e. Strava or MapMyRun), or a .GPX file (instructions to follow).
- There is a .1KM allowance for each participant, but the team's total distance must equal 20K (Example: runner Y could run 4.9K and runner Z could run 5.1K). We understand that there are sometimes GPS errors and will take these into account.
- Team scores will be the cumulative time between their runners (example: 22:30 + 25:10 + 19:20 + 28:55 = 1:35:55)
- Prizes will be awarded to the top three teams in each category.
- All participants will receive a finishers medal.
- Individual age group medals (top-3) will also be awarded.
- Looking for a team? Please contact us at moncton5K@gmail.com

Elite Race Rules:

The following rules apply for the National Championship in order to ensure fair competition:

- Competitors must run a closed loop, meaning the run must start and end in the same location.
- Competitors can complete their events at any time between August 28, 2021 at 12:00AM ADT and September 10, 2021 at 11:59PM ADT.
- Competitors must upload a .GPX file to Race Roster (instructions to follow) within 90 minutes of the completion of their run.
- Competitors must have an accompanying vehicle (bicycle, car, etc.) with a separate GPS device. This file will serve as a back-up and/or confirmation of your run.
- Competitors must also have a video recording of at least 5 minutes of their run, to be sent to the elite athlete coordinator.
- Athletes who receive entry are strongly encouraged to post on social media encouraging followers to sign up for the event and post a picture/video of them participating in the virtual race.
- Official results will be announced on September 12, 2021.

Have questions about the elite race? Please contact the elite athlete coordinator Stephen Andersen (Stephen.andersen@unb.ca).