



# Virtual 3-Mile Run Challenge

## Rules and Regulations

Each company may enter an unlimited number of employees into the Virtual 3-Mile Run

All registrants must sign up via RunSignUp

### **VIRTUAL 3-MILE RUN INFORMATION**

This is a virtual participation event. All runners need to sign up on the Corporate Challenge website through the registration link of the race.

Runners will have-five (5) days to complete the challenge.

Participants may only enter one time on the website.

Participants will track their time via a virtual app of their choosing.

- Suggested running apps are RunKeeper, Strava, Nike Run App, Under Armor App.

If a time is in question we will contact you and ask for proof of your run time via running app.

- Please save your results for this run this week. If we need proof we will ask you to email us your results via screenshot of the evidence of the run.
- We will be asking the top participants to prove their results so please save your results!!

If a time is questioned, and the participant is unable to provide proof of the legitimacy of their time, then the Music City Corporate Challenge has the right to disqualify that participant's time.

You will submit your time on RunSignUp – How to submit your time can be found here -

<https://help.runsignup.com/support/solutions/articles/17000087349-submit-and-manage-virtual-results>

### **POINTS**

Two points will be awarded for each participating runner, with a maximum of 100 points per company.

There will be extra points given for the following:

- Fastest 3-mile time for males (top 3 finishers)
- Fastest 3-mile time for females (top 3 finishers)
- Fastest average time of all participants in the company for each division (minimum 10 runners)
- Most participants from a company in each division

The three fastest males and females will receive the following points for their company (per division):

- 10 points for 1<sup>st</sup> place
- 5 points for 2<sup>nd</sup> place
- 3 points for 3<sup>rd</sup> place

The three companies with the fastest average time of all participants will receive the following points (per division):

- 10 points for 1<sup>st</sup> place
- 5 points for 2<sup>nd</sup> place
- 3 points for 3<sup>rd</sup> place

The company with the most runners per division will receive an additional 10 points.

- If two teams tie with the same number of total runners, both teams will receive 10 points.

***For rules questions, contact  
Christian McCormick · 615.329.1375 ·  
CMcCormick@SpecialOlympicsTN.org***