Virtual Walk/Run Distance Challenge

Rules and Regulations

Each company may enter an unlimited number of employees into the Virtual Walk/Run Distance Challenge

All registrants must sign up via RunSignUp

WALK/RUN INFORMATION

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

Runners will have fourteen (14) days to complete the challenge.

Participants will track their distance 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 walking/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.

If a distance is in question, and the participant is unable to provide proof of the legitimacy of their miles, then the Music City Corporate Challenge has the right to disqualify that participants entry.

The maximum distance that we will accept from a participant will be 100 miles.

POINTS

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

Extra points will be given in the following categories:

- Most total miles by the top three males
- Most total miles by the top three females
- 10 points for the highest average amount of miles of all participants in the company for each division (minimum 10 participants)
- 10 points for most participants from a company in each division
    - If two teams tie with the same number of total runners, both teams will receive 10 points.

The three males and females from the challenge that accumulated the most miles will receive the following points for their company (per division):

- 10 points for 1st place
- 5 points for 2nd place
- 3 points for 3rd place

If there is a tie in any of the categories above, each tying participant will be given the same number of points.

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