



CB@HomeRunChallenge2020

Corporate Box Gym **CB@HomeRunChallenge2020**

Corporate Box Gym proudly presents our **CB@HomeRunChallenge 2020**.

This will be a location competition the likes of which we haven't seen before!!!

The idea is for members to accumulate points for their CB location at a venue of their choice in their vicinity or at a facility close to home.

- Kids and parents can all participate.
- Download the training app called Strava at <https://strava.com>. This is free but be sure not to click on 'free trial' as the free download contains all the functions required for this challenge. This can also be found in the App Store.
- Set up your profile. Parents of children (with no email) are requested to set this up. Please use child's full name and surname for profile by also including age in the surname - for example '8 Sinclair' if child 8 years old.
- Once profile is set up, from the drop down menu on blue initials icon on top right of screen, click on 'settings'. On the left menu, in 'Display preferences', change units and measurements to 'kilometres' and default sport to 'running'. In 'Privacy controls', set profile page, activities and group activities to 'followers'. Flyby to 'no one'.
- On the top of your profile page, select explore and clubs (Corporate Box Gym - Rounds, Corporate Box Gym - Valley, Corporate Box Gym - East Brisbane, Corporate Box Gym - Lutwyche or Corporate Box Gym - Ipswich) then search and select 'CB@HomeRunChallenge2020'. In the club page, ask to join. Once your request is approved, you will be ready to start recording your runs using your phone or linked device.
- Remember to accept Cate AI, the club admin, as a follower so that she can monitor your progress and points.

Rules (subject to change at the discretion of admins)

1. The aim is to accumulate points for your CB location. Point will be allocated to each location.
2. Each winning location for each skill level will also be recognised.
3. To score one point, you are required to complete your race distance in a single attempt.
4. Race distances: Kids – 500m – 1km, Beginners – 2-3km, Intermediate – 5-6km, Experts 8-12km.
5. You have three weeks to accumulate points - Friday 8 May to Friday 29 May inclusive.
6. You can only score one point per day. Limited to seven regular points in week. One week is Friday to Friday. You can run further in one go if you would like to earn bonus points.
7. Bonus points can be only scored by completing five times your race distance in one week. For example: Kids – race distance is 500m; if you run 2.5km in a week you get 5 extra points. You can only get 5 bonus points in a week.
8. The top 10 scoring runners * in each level will have the opportunity to race the Ultimate Road Course to determine the 'Level Individual Champion'. Medals will be awarded to the first three placed runners. This race will be held at a later date, to be announced after our full return. * Others may be invited
9. No bikes, no cars, no getting someone else to complete the distance for you. Run or jog and only walk to recover. Times and distances will be scrutinised.
10. Run with a buddy/parent.

Have FUN! Let's RUN CB! OPEN TO ALL CB AND NON CB MEMBERS.

If you have any questions or concerns, please do not hesitate to contact us through a DM on social media.