



FAQ - FREQUENTLY ASKED QUESTIONS

Frequently Asked Questions for TGR Virtual Run Challenges

Q1 - Beginners. This is my first Virtual Challenge and I have no idea where to begin. Please can you help me?

A1 - No problem, please follow these steps to completing your STGR Virtual Run Challenge.

1. Register for the STGR Virtual Marathon

- <https://runnerreg.com/portal/registration/stgr-marathon-vr>

2. Download your E-bib

- Sample Bib - <https://runnerreg.com/portal/race-e-bib/2148>
- Where to get it - <https://my.runnerreg.com/race-bib-where-to-get-it>

3. Choose one day from 15 Nov - 15 Dec to run your Virtual Challenge

- Complete your registered distance in one continuous effort (ie. don't stop!)
- NB. You must complete your challenge before the cut-off time, 6pm, 15 December 2020.

4. Go to the STGR Start Point (21K, 10K, 3K, 1K): <https://goo.gl/maps/9JMsPrDYyPovF8tR9>

- Or run anywhere for the 42K, 5K challenge*

5. Bring up your registered route on Strava

- If you don't have the Strava App, download it here: <https://www.strava.com/>
- Click on your route below:

42K - Run anywhere outside. *Treadmill runs not permitted.

21K - <https://www.strava.com/routes/23770139>

10K - <https://www.strava.com/routes/23770193>

5K - Run anywhere outside. *Treadmill runs not permitted.

3K - <https://www.strava.com/routes/2745585308953090500>

1K - <https://www.strava.com/routes/2745585308953090500>

6. Press, select 'Use Route' and then 'START' on Strava (or your fitness device that syncs with Strava).

7. Press STOP on Strava when you complete your route.

8. Check the Leaderboard for your result.

- Final results will be posted to our website along with prize confirmation.
- Download your Finisher Certificate (if purchased).

9. Congrats, you've done it! Well done and what an achievement!!

Q2 - Distance. Do I need to complete the distance all in one go?

A2 - Yes, once you start the challenge, you'll need to continue running until you finish it.

Q3 - Multiple Attempts. If I want to try for an improved run time, can I try again and submit my 2nd result?

A3 - For virtual race events over a set time period, it is possible to register for the same or more than one distance in the same event. It's not just a competition with others, it's also a competition with yourself! Just register for the same distance again and submit your additional results.

NB. For virtual races with a fixed start date and only one available start time, only one attempt is permitted.

Q4 - Results. How will I record and submit my Virtual Race result?

A4 - Your results **must** be uploaded to Strava in order to be included in the final ranking. If you don't have the Strava App, download it here: <https://www.strava.com/>

Q5 - Overview. I'm unfamiliar with the route and don't have time to practice ahead of time. Any tips you can give me in advance?

A5 - If running competitively, it's always best to practice on the actual course, where possible. If you're just out for fun and achievement, here are a few points about the route to be aware of:

- Please note that the race route is shared with cyclists, park users and wildlife

- Runners should keep to the left of the designated walkway unless overtaking
- Runners should follow the SportSG Covid-19 advisory for Sport and Physical Exercise Activities
- After leaving the start point, runners are to run straight towards Hougang PC (which runs besides the water) and then take a right turn towards Serangoon River
- After re-entering Punggol Park, runners will take a left turn and then run around the pond
- The race will end at almost the same area as it started
- Don't worry if you take a wrong turn or get lost (keep going!) - we will still consider your result

Q6 - I'm looking for the full details on this event, including distances, categories, prizes and fees, etc.

Where can I find the full details about this event?

A6 - We've created a full event detail PDF, available [here](#).