Dear Everest VULTRA® Runner,

This is the final event information email for the Everest Mountain VULTRA Challenge which officially starts on Monday 1st February 2021 and runs for a grand total of up to 59 days right through Feb/March until 31st March 2021.

You're receiving this email because you actually signed up for this event. You are awesome!

8.45am Race Brief on 01/02/2021 – streamed into the Facebook chat groups

There will be a Facebook race brief streamed into the chat groups on the morning of 1st February at 8.45am. You can, of course, watch it when you like once it's posted (we may post the brief the evening prior).

Everest Mountain VULTRA Challenge

When you signed up for the event you selected one of the following running options;

- The Everest Vultra Continuous – all in one go
- The Everest Vultra 48 Hour – 2 days
- The Everest Vultra Week Long – 7 days
- The Everest Vultra Fortnight Long – 14 days
- The Everest Vultra Month Long – 30 days
- The Everest Vultra Two Month Long – 59 days

When to Start

You can choose when you start your run and you can start anytime between 1st Feb 2021 and the end of March 2021, but you MUST complete the challenge in full by 31st March 2021, so please make sure you start on a suitable date. For example if you know it's going to take you 7 days, then don't start 4 days before the end of March.

Do I have to stick to the running option I selected?

Whilst we'd love for you to hit your targets we realise things change, especially with a big challenge like this, so we're not going to hold you hard and fast to the option you selected if things slip. I.E, if you selected 7 days, but you're going to take longer, then that's fine, you'll simply be changing to the 14 day or 30 day or 59 day option. Basically as long as you finish your challenge by 31st March 2021 then that's fine and you're an official finisher.

Phoenix WORLD – getting signed up

Have you signed-up to Phoenix WORLD yet? If not, then you'll need to do this to be able to submit your results during the event and to claim your medal, and you can sign up right now.

Please only sign up to Phoenix WORLD using __YOUR email address__ as this will become your unique results ID and this must match the email address you used to enter the Death Valley Event.
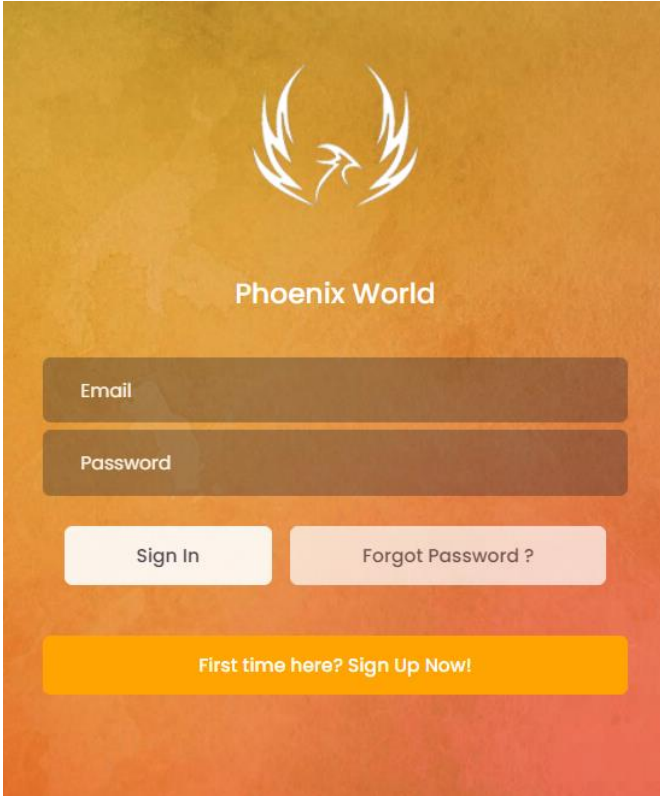
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch ASAP to get the entry record updated with the correct email address otherwise you won't be able to submit results. Please contact us on PhoenixVIRTUALrunningUK@gmail.com

EVERYONE must sign-up for the first time and the good news is you only have to sign-up once then it's done forever.

To sign up and register your Phoenix WORLD follow these instructions;

Simply go to this link and press the bright orange 'First Time Here? Sign up now' bar FIRST - it's below the Sign in button and follow the on-screen instructions.

https://world.phoenixrunning.co.uk/

PLEASE DO NOT try to enter details, login or reset a password BEFORE you've pressed 'Sign-Up Now' and created your profile. Press Sign Up Now FIRST.

Sign-Up Process

- Click on 'First time here? Sign-Up Now'
- Fill in the details requested (terms AND ReCaptcha MUST be ticked)

- An email will be sent to you to confirm the setup of your new Phoenix World profile (please check your spam/junk folder)
- Open the email
- Click the link
- Your profile is now confirmed
- Go to Login screen
- Enter your login details
- Hey presto – you're in

Then you can upload a photo and update your personal details etc and have a general look around.

Then for all future Virtual and VULTRA® results submissions please click 'submit virtual time' top left and follow the instructions.

If you've used the correct email address (yours) and it matches our event list, then you'll see this event (and any other future virtual events you've entered) in your crystal ball.

How to submit RESULTS for this VULTRA® – very IMPORTANT

Please DO NOT submit any results prior to 1st February 2021

Whether you're a seasoned Phoenix WORLD virtual runner or completely new to Phoenix WORLD, please read this section carefully because it might be different to the way you usually submit results.

The Everest Mountain VULTRA is a bit **different** because the event spans a grand total of 59 days and you'll most likely be completing multiple runs during the event. If you're doing the continuous version then it is only one total run with one total finish time that you'll submit, but for every other entry type you'll be doing multiple runs. You might choose to do more than one run in a day, which is absolutely fine, or perhaps you'll have a few days off and then keep running which is also fine. Basically for this event you submit results **run-by-run as you complete each run.** You don't have to wait until the end of the event to submit results.

Here's the nifty bit – When you 'self submit' a run result towards the event then that particular mileage and time will go into the main results list for the event against your name. This VULTRA event will **NOT** disappear from your 'submit virtual results' list after you submit a result but rather will allow you to self submit a second result and a third result and so on. You can submit as many run results as you like over the event period, including multiple runs in a single day. Each time you submit a run, they will go into a 'pending' status in your Phoenix World and you get an email. Once approved (usually really quickly) you'll receive a second confirmation email and your results will be added to the overall total under your name in the main results. I.E – the system will do all the work in adding up your time and distance as you go.

Here's the really, really nifty bit.......

The Results Display and Map

Results for the Everest Mountain VULTRA can be found here once the event starts - https://www.phoenixrunning.co.uk/results/virtual-everest-mountain-vultra/2021

We also have a map which will show your progress as you run. You get your own red pin which will display your name, overall time and overall mileage.

The Everest Mountain VULTRA map and overall landing page can be found here – https://www.phoenixrunning.co.uk/landing/virtual-everest-mountain-vultra

How to submit your results (step by step)

Here's exactly how to self submit your results during the event and it's really easy.

- Log into Phoenix WORLD
- Press 'Submit Virtual Time'
- Choose the correct event from the drop down (tick the box to the left of the event)
- Date: fill out the date dd/mm/yy
- Distance (always entered in miles): please enter your **distance** for that particular run only
- Run time: please enter your **time** for that particular run only (the system will add everything up you as the week unfolds)
- Evidence: we only need 1 screen shot per run, a photo of your GPS, Strava screen shot etc, etc – note file size up to 2mg.
- Press the 'Submit Virtual Results' blue button – job done!

- You get a confirmation email every time you submit results and a second confirmation email when your results are approved – please check that you have received these emails and please check that your times and distances are showing in the results table.

Repeat the above each time you go for a run.

MEDALS

Getting your awesome medal is based on submitting results, so please don't wait and do this until after the total event is over. Please submit results as you complete each and every run. When you reach your ultimate goal of 116 miles we'll know you are finished, you will move to the 'Completed' section, you'll get a congratulations email, your finishers certificate will appear for download and we'll send your medal automatically.

Results and medal deadline: 02/04/21

There is a hard deadline by which you need to have claimed your medal. If you choose not to submit results during the event, you absolutely **MUST** submit your results within 2 days of the last date of the event to claim your medal. For avoidance of doubt this is 02/04/21. On this date the system will automatically remove the ability to submit results from your Phoenix World self submit drop down list and no medals can be claimed after this date.

DO's

- Please DO join the Facebook groups – there are two;
    - 'Phoenix Virtual Running Community' as this is where all the fun will be on race day - https://www.facebook.com/groups/1131279356994727/
    - 'Phoenix Running Community - https://www.facebook.com/groups/500321893480620/
- And (I know, I know, join this, join that), but please DO join our Phoenix Running Strava CLUB - https://www.strava.com/clubs/PhoenixRunnersClub
- Please DO tune into the Facebook chat groups at 8.45am on the first day as there will be a FB race brief.
- The event officially starts on 1st February and finishes on 31st March 2021.
- Run as many times as you like during the event.
- Please feel free to share your miles in the chat groups all day and all night for the whole event. I will be.
- We'll have some guest 'Virtual Marshals' posting FB live gems of abuse, I mean encouragement, throughout the event

So there you have it – easy right?

We'll see you at 8.45am on 1st February 2021 when we'll post the race brief in both chat groups.

It's going to be epic, oh and high up, very high up, VIRTUALLY!