

Dear TEAM Global VULTRA® Runner,

This is the final event information email for the Team Global VULTRA® event which starts on Christmas Day, Friday 25th December 2020, at 12.00am. The event is currently open-ended, designed to cheer us up during this latest set of lockdown restrictions, keep us running, and for us to have a bit of fun together – virtually!

You're receiving this email because you've signed up for this event. You are awesome! AND – It's almost CHRISTMAS so Merry Christmas to you!

By the way, if you have any running friends who you think might like to join the fun, then please nudge them in our direction – we're keeping entry for this open right through the event so anyone can join at any time and start contributing towards their team miles.

Race Brief on 24/12/2020 – streamed into the Facebook groups

We're going to do an official race brief the evening before the start, on Christmas Eve, to get things rolling. This will be posted into both of our Facebook groups - see details of how to join those further down. The event officially starts at 12.00am on Friday 25th December so any miles you run and log from that point on will count. It's become a bit of a tradition to run a 'midnight mile' when we kick our VULTRA's off so I'll be doing one if you fancy joining me just after the clock strikes midnight and it's Christmas Day.

Phoenix WORLD – very important - getting signed up

Have you signed-up to Phoenix WORLD? You'll need to do this to be able to submit your results during the event and you can sign up right now. There is no other way to submit results for this event.

Please only sign up to Phoenix WORLD using YOUR email address as this will become your unique results ID.

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.

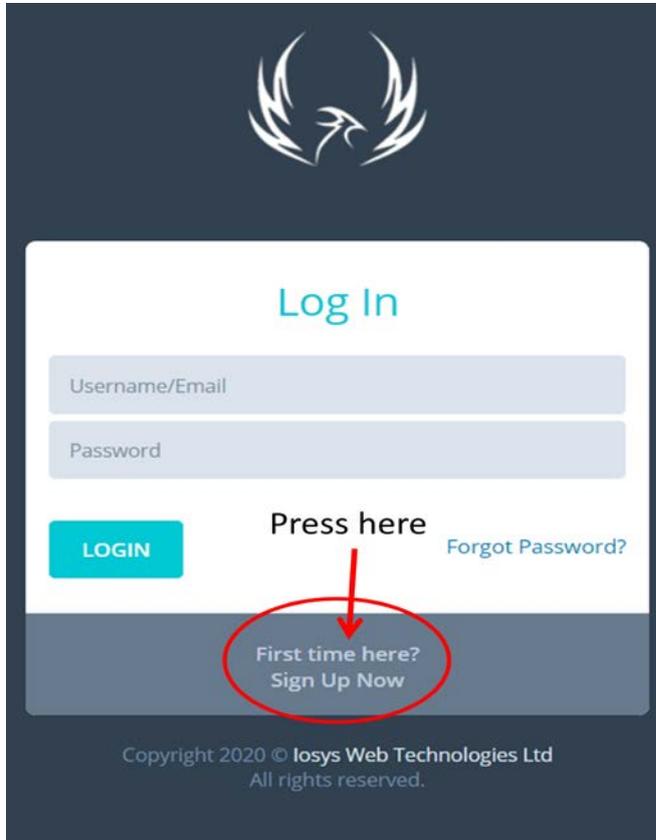
Please EMAIL us on PhoenixVIRTUALrunningUK@gmail.com if you can't see the event in your Phoenix World crystal ball or in your profile after you've logged in. (Please don't messenger / FB messenger, Insta, Twitter or anything else other than email). There's only really one reason an event won't appear in your Phoenix World and that's if the first name, surname or email address on the event entry form differs in any way from your Phoenix World details. Things like 'David' on the entry with 'Dave' as your Phoenix World, maiden names, or simple typos are 99.99% of the reasons an event isn't there – simply email us and we'll sort it out in seconds for you.

EVERYONE must sign-up to Phoenix World 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 grey 'SIGN UP' bar **FIRST** - it's below the login 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 **FIRST**.

Sign-Up Process

- Click on 'Sign-Up'
- Fill in the details requested (terms AND ReCaptcha MUST be ticked)

Sign Up

Enter your personal details below:

First Name

Surname

Email

Re-type Email

Enter your chosen password below :

Password

Re-type Password

I agree to the [Terms of Service](#)

I'm not a robot  reCAPTCHA
Privacy - Terms

[Back](#) [SUBMIT](#)

- 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 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 (the exact details used to enter the event), then you'll see the TEAM Global VULTRA and any other future events you've entered in your crystal ball too.

How to submit RESULTS for the TEAM Global VULTRA – IMPORTANT

Please DO NOT submit any results prior to 25th December 2020

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 TEAM Global VULTRA spans multiple days and you'll be completing multiple runs during the event. You might choose to do more than one run a day, so for the Team VULTRA you submit results **run-by-run as you complete each run**. You don't have to wait until the end of the day, week etc and it's much easier for everyone if you submit each run as you go.

Here's the nifty bit – When you 'self submit' a run result towards the Team VULTRA then that particular mileage and time will go into the main results list against your name and also be added to your TEAM (details of teams below). The TEAM Global VULTRA will **NOT** disappear from your 'self submit' 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 be added to the overall team 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.

Mile SPLITS - If at any point you want to see what individual runs you've submitted, then in your Phoenix World profile, next to the event name, you'll see your total mileage shown in blue – press that blue mileage total and you'll get a split of all the runs your submitted and had approved.

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

- Log into Phoenix WORLD
- Press 'Submit Virtual Time'
- Tick the box next to 'TEAM Global VULTRA' from the drop down / event selection
- 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 your results are submitted and another one when they are approved – please check that you have received the email and please check that your times and distances are showing in the results table.

Repeat the above each time you go for a run.

The Results Display and Map

Results for the TEAM Global VULTRA can be found here -

<https://www.phoenixrunning.co.uk/results/virtual-team-global-vultra/2020>

We also have a map which will show your team progress as you and your team mates run across the planet. Each team gets their own red location pin which will display your team name, overall time and overall mileage.

The TEAM Global VULTRA map and overall landing page can be found here – <https://www.phoenixrunning.co.uk/landing/virtual-team-global-vultra>

The Teams

When you signed up you'll automatically have been assigned to one of two teams

- Team Prometheus
- Team Atlas

This is an automated process which happens when you sign up and sets you up to submit your results into the correct team throughout the event.

Please Note: You cannot choose your team I'm afraid. Once the team is assigned at sign up there is currently no way to change this – we are however going to work on a system for 'subbing' folks in and out of teams – which may become available a bit later on in the event.

What team am I on?

Virtual BIB

Everyone who enters the event is allocated a personalised Virtual BIB which also tell you which team you are on – this can be found in your Phoenix World account and downloaded in a PDF. Prior to logging your first set of miles and during the event you'll find this in the 'Crystal ball', next to the event name, blue button that says 'BIB'. Once you complete your first run and the event is underway then the event will appear in your main profile and your BIB will be stored digitally for all time in your profile.

Medals

As you probably know we've done this event as a 'thank you' to everyone for supporting our events during 2020. Other than asking for a contribution towards maps fees and the cost of postage, we're footing the bill for you. With that being said, there will, of course, still be a medal.... it's the Phoenix law! This one will be an eco-friendly wooden Phoenix classic medal which we'll post out at the end of the event.

Please note: Getting your medal is based on submitting results, so please don't wait and do this at the end of the event. Please submit results as you complete each and every run.

TEAM Global VULTRA Challenge - RULES

Rule 1 – This is a challenge that involves running as much or as little as you like and each time you do run you must cover at least 1 mile.

Rule 2 – see rule 1.

DO's

- Please DO join the Facebook groups – there are two;
 - ‘Phoenix Virtual Running UK Chat Group’ as this is where all the fun will be on race day - <https://www.facebook.com/groups/1131279356994727/>
 - ‘Phoenix Running UK Chat Group’ - <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 for the FB race brief.
- The event officially starts at 12.00am UK BST on 25th December 2020.
- Run as many times as you like during the event or only once, it’s up to you.
- Please feel free to share your runs in the Facebook groups all day and all night - I will be.
- We’ll have some guest ‘Virtual Marshals’ posting FB live gems of abuse, I mean encouragement, throughout the event. Our virtual marshals are nothing short of awesome and will be there for you if you need them.

So there you have it – easy right?

We’ll see you at some point on the evening of 24th December 2020 when we’ll post the race brief in both chat groups and we’ll start the event on 25th December.

Good luck and MERRY CHRISTMAS!!

Rik