

Dear LEJOG VULTRA® Runner,

This is the final event information email for the Lands End to John O'Groats LEJOG VULTRA Challenge.

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

When to Start

You can choose when you start your run and you can start anytime after 1st Feb 2021. The minute you sign up for the event you are good to go.

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 event.

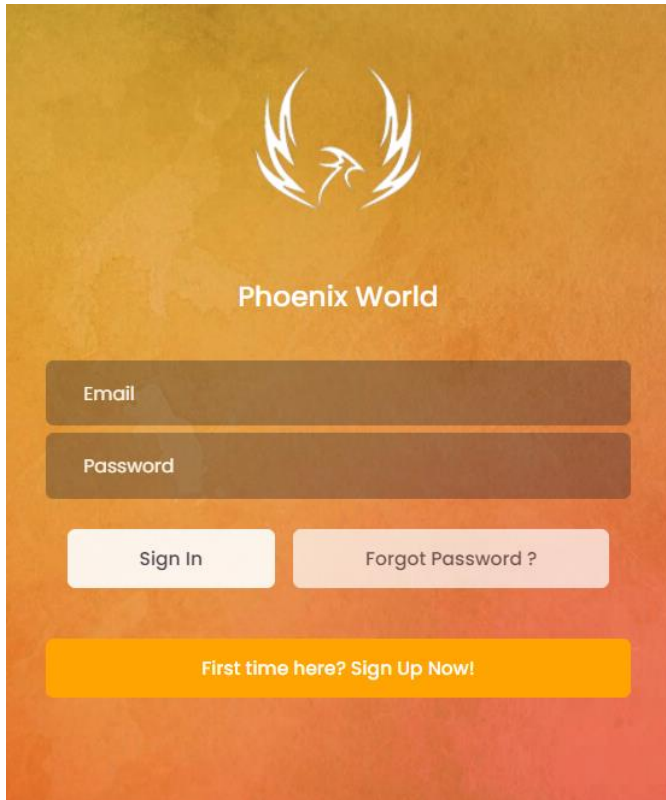
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch via email to get the entry record updated with your correct email address otherwise you won't be able to submit results. This is very quick and easy – so please email 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.

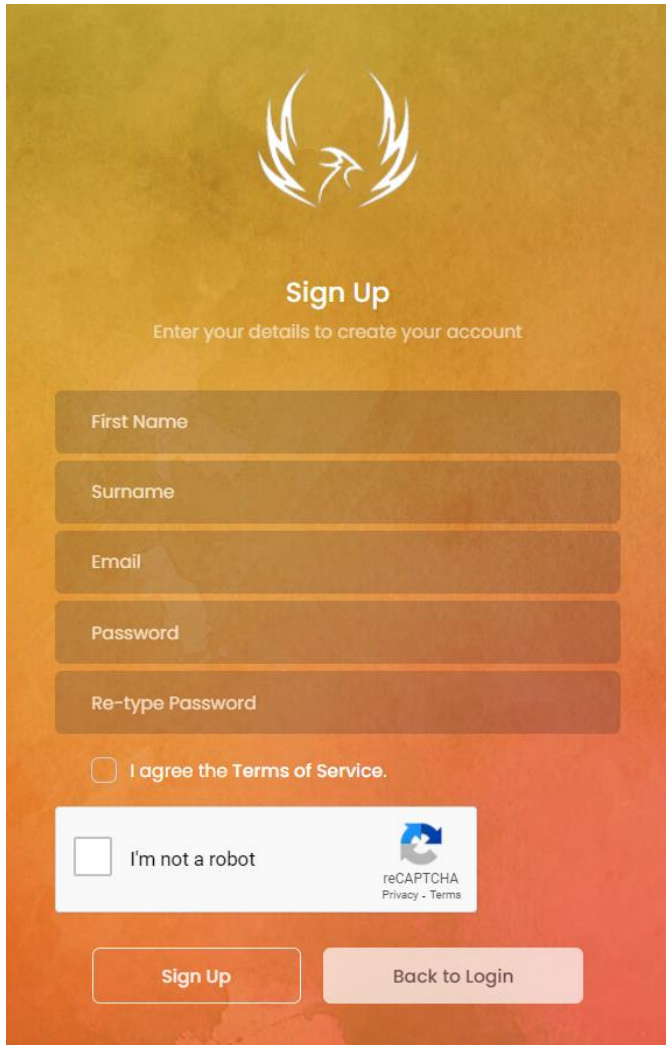
<https://world.phoenixrunning.co.uk/>



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)



The image shows a 'Sign Up' form for Phoenix World. At the top is a logo featuring a stylized bird or phoenix within a circular frame. Below the logo, the text 'Sign Up' is displayed in a large font, followed by the instruction 'Enter your details to create your account'. The form consists of five input fields: 'First Name', 'Surname', 'Email', 'Password', and 'Re-type Password'. Below these fields is a checkbox labeled 'I agree the Terms of Service.' and a reCAPTCHA widget with the text 'I'm not a robot' and the reCAPTCHA logo. At the bottom of the form are two buttons: 'Sign Up' and 'Back to Login'.

- 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

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 LEJOG VULTRA is a bit **different** because the event spans a potentially very long period of time and you'll be completing multiple runs during the event. 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 definitely don't have to wait until the end of the event to submit results.

Here's the nifty bit – When you 'submit a virtual run' result towards this 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 LEJOG VULTRA can be found here -
<https://www.phoenixrunning.co.uk/results/virtual-lejog-vultra-unlimited/2020>

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 LEJOG VULTRA map and overall landing page can be found here –
<https://www.phoenixrunning.co.uk/landing/virtual-lejog-vultra-unlimited>

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 (usually entered in miles, although you can change to km's in your settings): 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 for you as the event 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 event is over. Please submit results as you complete each and every run. When you reach your ultimate goal of 813 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.

DO's

- Please DO join our 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>
- 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.

Extra Info.

The LEJOG VULTRA is the next level in our popular VULTRA series and was always going to be something a bit special as we're based in the UK and know much of the run route. This is an ideal long term running challenge as our LEJOG VULTRA gives you an almost unlimited amount of time to complete it. Starting from the minute you sign up you have pretty much as long as you like (up to 5 years initially) to cover the mileage and it really does have something for everyone; from seasoned ultra runners to those who are new to running and want to try something totally epic. You can complete this VULTRA on your own terms; take a few months, take a year, take 5 years; do as much or as little mileage as and when you like and keep chipping away until you reach the finish line at the famous signpost at John O'Groats. Oh and of course there will be the epic bling – obviously. This medal is awesome!

The route from Lands End to John O'Groats is generally regarded to fall somewhere between 812.77 miles and 875 miles depending on your mode of transport – car, bike or legs! Our challenge is a virtual running challenge so we've carefully mapped out the shortest known running route to mirror the route usually used for the LEJOG record attempts or as close to it as possible. Our LEJOG VULTRA is 813 miles long. Strictly speaking no two JOGLE run routes are ever exactly the same.

The exciting bit.....

You'll get a bespoke, sequential BIB when you sign up. There will be a route map and a central results and progress landing page on the Phoenix Running VULTRA tab on the website. Each competitor will have their own virtual location pin (complete with their name and BIB number for tracking your virtual progress). You can even add your profile picture in your Phoenix World settings. Once you start your virtual run you'll submit your mileage as you go which, once approved, will automatically move you along the map. The route is 813 miles along the shortest known LEJOG route. Once you've submitted enough mileage to get to the finish line at John O'Groats then you are an official finisher of the LEJOG VULTRA - Unlimited! Your total miles and total time will be added to the finisher results, you'll show as 'COMPLETE' and be able to download your finishers' certificate and we'll send you your epic bling!

This is a challenge for literally anyone of any running ability. If you're new to running, fancy having a go at something epic, or fancy your first foray into multi-day endurance challenges, want to practice running consistent distances over consecutive days, or just want to see how many miles you can run over a few months or a year or two or three or five then this is for you.

We also have a JOGLE VULTRA, so basically this route in reverse, so you could always do an 'out and back'.

So there you have it – easy right?

It's going to be epic, VIRTUALLY!