

Dear M25 II Runner,

This is the final event information email for the M25 II VULTRA® Challenge

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

M25 II VULTRA Challenge

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

- The M25 Vultra Continuous – all in one go
- The M25 Vultra 48 Hour – 2 days
- The M25 Vultra Week Long – 7 days
- The M25 Vultra Fortnight Long – 14 days
- The M25 Vultra Month Long – 30 days
- The M25 Vultra Two Month Long – 61 days

When to Start

You can choose when you start your run and you can start anytime after you sign up.

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 effectively be simply changing to the 14 day or 30 or 61 day option.

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 M25 Event.

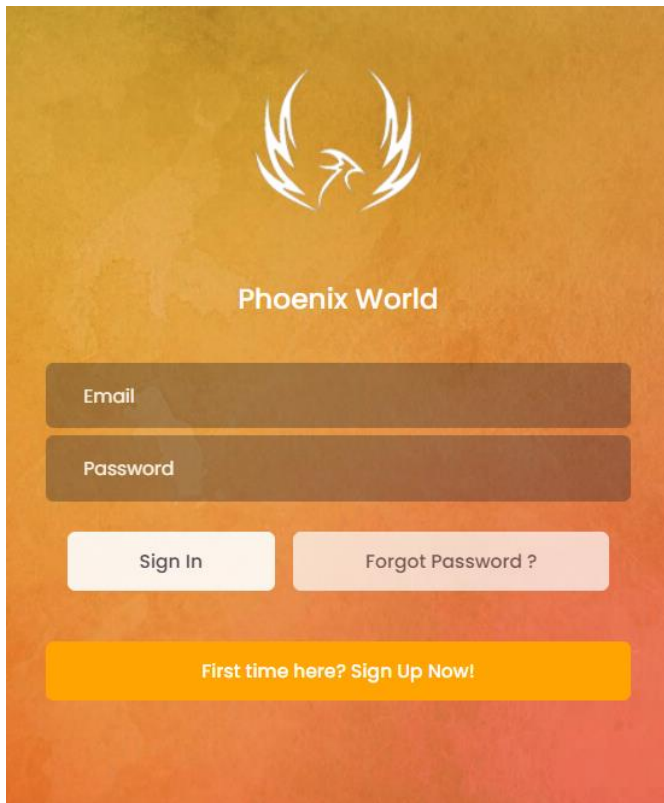
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch ASAP to get the entry record updated with the correct email address otherwise you won't be able to submit results. Please contact 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.

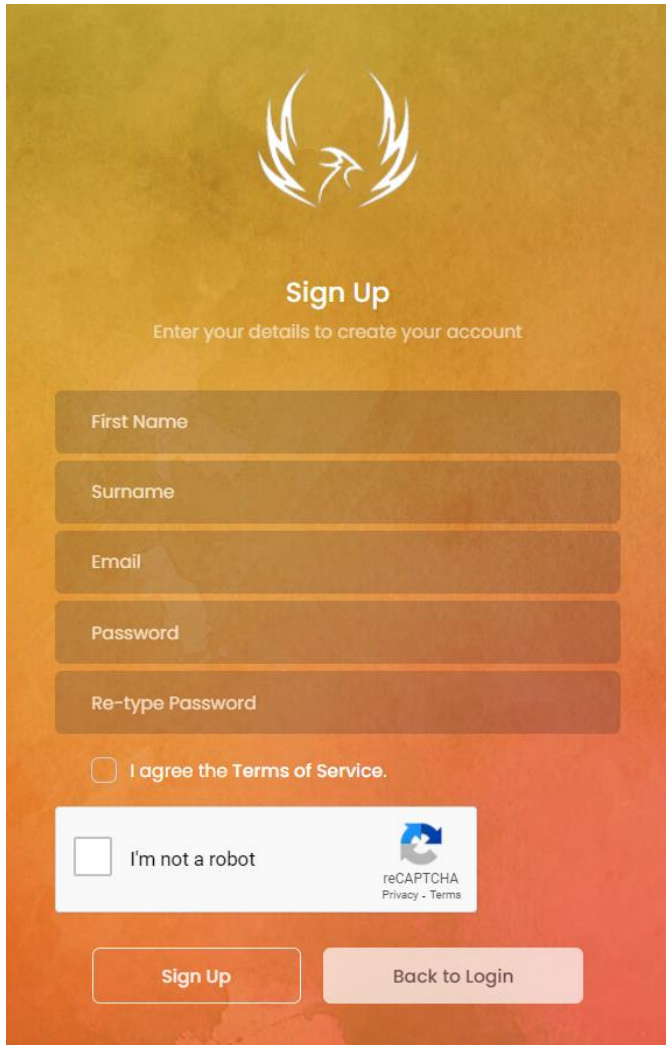
<https://world.phoenixrunning.co.uk/>

The image shows a mobile application interface for 'Phoenix World'. At the top center is a white logo of a phoenix rising from flames. Below the logo, the text 'Phoenix World' is displayed. There are two input fields: 'Email' and 'Password'. Below these fields are two buttons: 'Sign In' and 'Forgot Password?'. At the bottom, there is a prominent bright orange button that says 'First time here? Sign Up Now!'. The background is a gradient of orange and red.

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 of a phoenix. Below it, the text 'Sign Up' is centered, 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 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 events you've entered in your crystal ball too.

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 M25 spans up to a grand total of 61 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 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 the M25 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 M25 then that particular mileage and time will go into the main results list for the M25 against your name. The M25 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 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.

The Results Display and Map

Results for the M25 can be found here once the event starts -
<https://www.phoenixrunning.co.uk/results/virtual-m25-vultra-ii/2020>

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

The M25 map and overall landing page can be found here –
<https://www.phoenixrunning.co.uk/landing/virtual-m25-vultra-ii>

How to submit your results

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 M25 from the drop down (tick the box to the left of the event name)
- 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 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.

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 117 miles we'll know you are finished, you'll get a congratulations email, and you can download your finishers certificate from your Phoenix World and we'll send your medal.

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 at 8.45am on the first day as there will be a FB race brief.
- 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.

So there you have it – easy right?

Good luck!

Rik