

Dear P12 & P24 Spring Runner,

This is the final event information email for the P12 and P24 Spring Challenge which starts at 08.00am (UK time) on Saturday 3rd April 2021. You're receiving this email because you've actually signed up for this event. Yes, you, you're awesome!

Here's everything you need to know in one place, so please do have a good read through and please note we can't make any changes to entries within 7 days of the event.

Have you signed-up to Phoenix WORLD? You'll need to do this to be able to submit your results during the event and to claim your medal / buckle (muckle), 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.

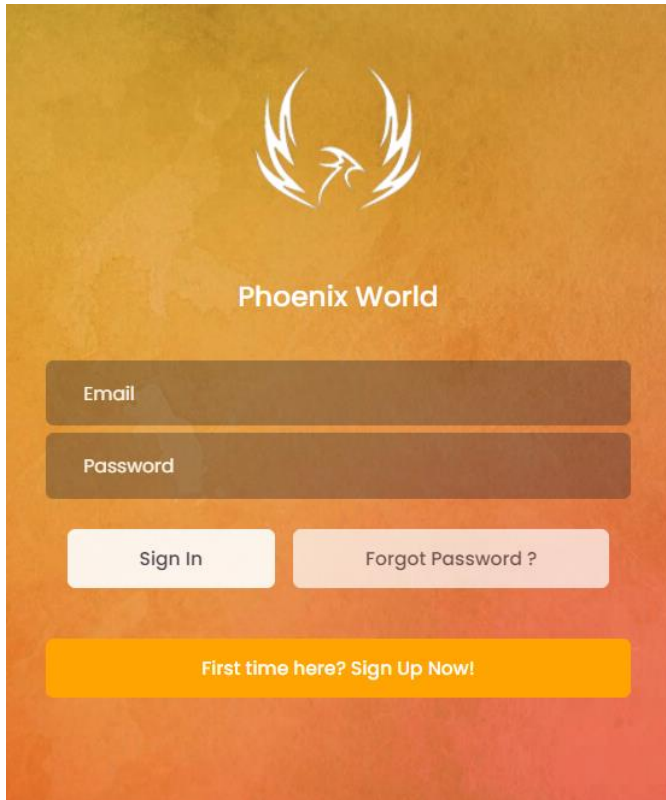
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch ASAP to get the entry record updated with the correct email address otherwise you won't be able to submit results. Please contact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

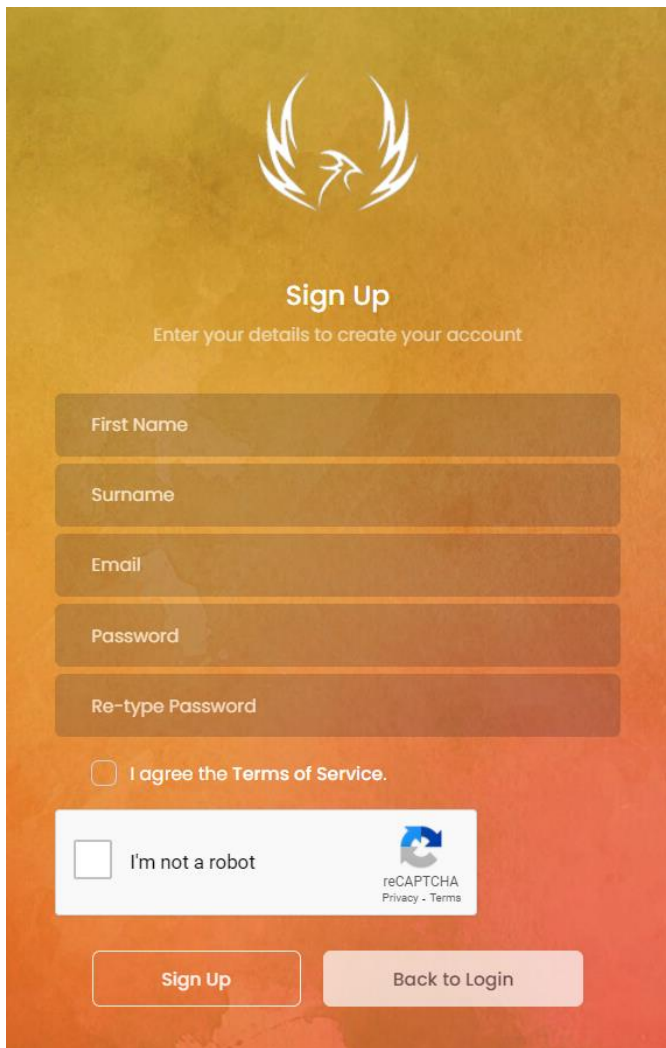
<https://world.phoenixrunning.co.uk/>



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)



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 wreath. 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.'. At the bottom of the form is a reCAPTCHA widget with the text 'I'm not a robot' and a small robot icon. To the right of the reCAPTCHA is a logo for 'reCAPTCHA' with links for 'Privacy' and 'Terms'. At the very 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 the p12 / P24 (and any other future virtual events you've entered) in your crystal ball.

How to submit results

Only submit results **AFTER** the event – not during and as one single miles / time total (see below).

AFTER the event we are going to ask you to submit results as soon as possible and it's really easy.

- Log into Phoenix WORLD
- Press 'Submit Virtual Time'
- Choose P12 or P24 from the drop down
- Date:
- Distance (always entered in miles unless you change to km's in your settings): this must be a **minimum of 12 miles for the P12 or 24 miles for the P24** (or more) – so if you added a bit on, for example to make it to 26.2, then enter the overall total distance, I.E 26.2
- Run time: please enter your **TOTAL run time** for all 12 or 24 miles (you'll need to add all your miles up)
- Evidence: we only need 1 screen shot - uploading multiple photos is not required, so please just **upload a screen shot of your final mile.** We trust you!
- 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.

An additional note on results submission.

P12 - For those completing the P12 we would expect to see 12 or more miles submitted. P12 entrants – any submission less than 12 miles will get rejected.

P24 – For those completing the P24 we expect to see 24 miles or more submitted. P24 entrants – any submission less than 24 miles will get rejected.

VIRTUAL BIB

Everyone who enters the event is allocated a personalised Virtual BIB – this can be found in your Phoenix World account and downloaded in a PDF. Prior to logging your 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 the event your BIB will then be stored digitally for all eternity in your profile.

CAN I CHANGE BETWEEN EVENTS – I.E drop down to the P12 during the P24?

NO – you cannot change events once the 7 day deadline has passed (for avoidance of doubt this is midnight on Friday 26th March) and you absolutely cannot drop down from the P24 to the P12 during the live event.

This is the 'TOUGH LOVE' Rule

This may sound a bit harsh, so it's very, very important that we explain this rule and why we've done things this way because we thought long and hard about this! In the first P24 back in June we had a 97%+ finish rate which is just awesome, and pretty much everyone of those folks told us it was one of the hardest things they'd done and truly horrible at times, but they all still finished. This challenge

is supposed to be hard, it's supposed to test you, and, trust me, when you do eventually finish you'll feel, well, just a little bit immortal. And so you should! What the P24 in June and again in October and December showed us is that this is a bloody tough endurance challenge, but it's totally doable for all abilities. Essentially – it's exactly what we wanted it to be. So, with all of the above being said, the last thing we want to do is give the P24 runners an 'exit' door especially after 12+ hours when you're heading for the toughest part of the challenge. It's not an accident that this challenge is at its toughest in the second half, every part of it has been carefully thought through, so when you get to 1am, 2am, 3am, 4am and you really, really want to stop, there's no 'stage door exit right' in the form of dropping to the P12. Nope - you're in for the long haul; you've committed, suck it up and get on with it. I'll be right there with you, crawling if I have to. No surrender, no drop down to P12, it's onwards till dawn!

MEDALS

Getting your awesome medal is based on submitting results, so please do this as soon as you possibly can after completing the event.

Results and medal deadline: 06/04/21

There is a hard deadline by which time you need to have submitted your results and claimed your medal. 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 Tuesday 06/04/21 at midnight. **On this date the system will automatically delete the ability to submit results from your Phoenix World self submit drop down list and no medals can be claimed after this date.**

In a perfect world, where all first class mail gets there within 24 hours, and having the deadline above for submitting results should allow us to get your to you medal at super speed, **but please do still allow 2 to 3** weeks especially if you are one of our international runners.

P12 & P24 Spring Challenge – The rest of the event RULES

Rule 1 - Starting at 8.00am BST (UK London time) on 3rd April 2021 simply run 1 mile, on the hour, every hour for 12 or 24 hours!

P12 Runners – you have some flexibility with your start time and can basically start on any hour from 8.00am until 8.00pm (20.00 hours). **Note: 8.00pm (20.00 hours) is the latest you can start** because we all finish at 7.00am on Sunday morning 4th April.

P24 Runners – you all start at 08.00am and run 24 times / 24 miles and finish at 7.00am on Sunday 4th April.

Rule 2 – Refer to rule 1 because that's basically it – however there are a few dos and don'ts.

DO's

- Please DO join the Facebook group 'Phoenix Virtual Running Community' as this is where all the fun will be on race day - <https://www.facebook.com/groups/1131279356994727/>

- Please also join the Facebook group '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 Virtual Facebook chat group at 7.45am on race day as there will be a FB race brief – most likely we'll post this the evening prior to the event.
- The event starts at 8.00am UK BST for everyone, including our international runners, so if running in another country you'll need to adjust your local times to start at 8.00am UK BST.
- Please feel free to share your miles in the chat group all day and all night. I will be.
- We'll have some guest 'Virtual Marshals' from both the UK and the USA posting FB live gems of abuse, I mean encouragement, throughout the 24 hours. Beware of slightly tipsy 'virtual marshals' wandering around the chat group, especially at night.

DON'Ts

- The absolute essence of this challenge is that you run 1 mile, on the hour, every hour – you cannot run one mile towards the end of an hour and go straight into the next mile, effectively 'doubling up' later on subsequent rest time. That is very naughty and not allowed, not ever. DON'T do it. Remember those drunk 'virtual marshals', well they are watching you.
- You must run all 12 miles on each of the 12 hours or all 24 miles on each of the 24 hours 'yourself' to be a finisher. DON'T get someone else to do a sneaky mile for you. That will be classified as outrageously naughty and is also not allowed.

Exceptions to starting 'on the hour'

- The only exception to starting 'on the hour' is in the case of couples or families who are intending to take part but cannot leave the house together. This must be for a proper reason, not one you just made up to sneak in some extra rest. An example of a proper reason is that maybe you have babies or other such small people. Please do not use the P12 or P24 as an excuse to run off and leave them, no matter how tempting. We have two small people that live in our house, somewhere, I've seen them, so I know how tempting it might be to run off for a while – don't do it, it's universally frowned upon wherever in the world you are. And no, you can't leave children with the 'virtual marshals'. God no!
- Using the above as a 'proper' reason you can therefore start at different times, for example one of you on the hour, each hour, and one of you at half past the hour, each hour. If there are 3 of you, you could do on the hour, 20 past the hour and 40 past the hour. But once you have your allocated time slot, you can't switch it. If you're the one going out at half past the hour, then you need to do that every, single, hour. No switching! You can't swap to maximise rest time, we're watching, virtually!

Yet more DO's – will the fun (and this instructions email) never stop

- Please DO get involved in our five 'magic miles'. Whilst these are by no means compulsory and you can simply plough on through your challenge we do hope this will add a bit of spice and fun to the day and break things up a bit.

The FAMILY Mile is mile 7 at 2.00pm.

Invite members of your family, both runners and non runners to join you for the FAMILY mile. You'll have already completed the first quarter of your P24 challenge so it's time to include those who've been cheering you on since 8.00am! Run it, walk it, crawl it, this mile is all about fun with the family.

The SPRINT Mile is mile 12 at 7.00pm.

This mile will mark the potential finish point for the P12 and the half way-ish point for the P24 when it's done. So, let's get it DONE! It's time to go hell-for-leather in the SPRINT mile and see what those legs can do before we conclude the P12 and enter the second half of the P24. Run the sprint mile as fast as you can, like you stole those legs! P24 runners- there are still 13 more hours in which to rest.

The BOOZE Mile is mile 13 (lucky for some, especially if you're a P12er and have finished) at 8.00pm.

This mile was introduced into the first P24 by public demand. Well, it is Saturday night after all. So maybe a beer would hit the spot after this mile, or a nice gin and tonic as you congratulate yourself for making it this far. We don't however recommend flaming Sambuca or Jager bombs.

The MIDNIGHT Mile is mile 17 at 12.00am.

This mile marks the change of one day into the next, the witching hour and it's also one hour before we have to do the 1am mile twice and you all want to kill me. The MIDNIGHT mile is 'fancy dress' mile folks. That's right, you've already been going for 16 hours, it's the middle of the damn night and we expect you to wear fancy dress. It is of course optional, but there will be a FREE entry into the next P24 for the best fancy dress photograph taken during the MIDNIGHT mile.

The BREAKFAST Mile is mile 24 at 7.00am.

It's almost over and the final mile is the BREAKFAST mile because, I don't know about you, but it's a well earned fry-up for breakfast for me (again) because we deserve it. That and sitting around posting photo's to the chat group, submitting our results (if we can still add up after 24 hours) and talking about our glory and how we will never, ever, do it again.... until next time.

Running at NIGHT

Please take extra care when running at night.

Here in the UK, the 'darkness hours' are likely to be 7.45pm through to 6.30am, so here are some things we recommend.

- Carry a head torch after dark, no matter how well lit the area in which you are running is.
- Wear reflective clothing, even if you think it's going to be very quiet and even if you're running in well lit areas.
- Run on the pavement or sidewalk at all times.
- If you absolutely have to run on the edge of a road, run into the direction of traffic and have a good head torch on at all times.
- Avoid running in poorly lit areas if at all possible, but if not see the two bullet points above.

- If you can run with someone else during the dark hours then do (socially distanced, of course). Trust me, your boyfriend, girlfriend, husband or wife will be delighted to keep you company between 10pm and 4am.
- Don't take any risks and stay safe!

So there you have it – easy right?

We'll see you at 7.45am on Saturday 3rd April when we'll post the race brief in both chat groups.

Ne iterum deinde ad tempus!

Never Again, Until Next Time!