

Dear P7in7 – Its Christmas Week Runner,

This is the final event information email for the P7in7 – It's Christmas Week Challenge which starts on Friday 18<sup>th</sup> December 2020 at 12.00am and runs for 7 full days through to midnight on 24<sup>th</sup> December 2020. You're receiving this email because you've signed up for this event. You are awesome! AND – It's CHRISTMAS Week!

**7.45am Race Brief on 18/12/2020 – streamed into the VIRTUAL Facebook chat group**

Whilst the event official starts at 12.00am on Friday 18<sup>th</sup> December (so if you want to get up really early to get some miles in then you can) we're going to do an official race brief at 7.45am to get things started. This will be streamed into both of our Facebook Chat Groups - see details of how to join those further down.

**Phoenix WORLD – 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 to claim your medal, 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.**

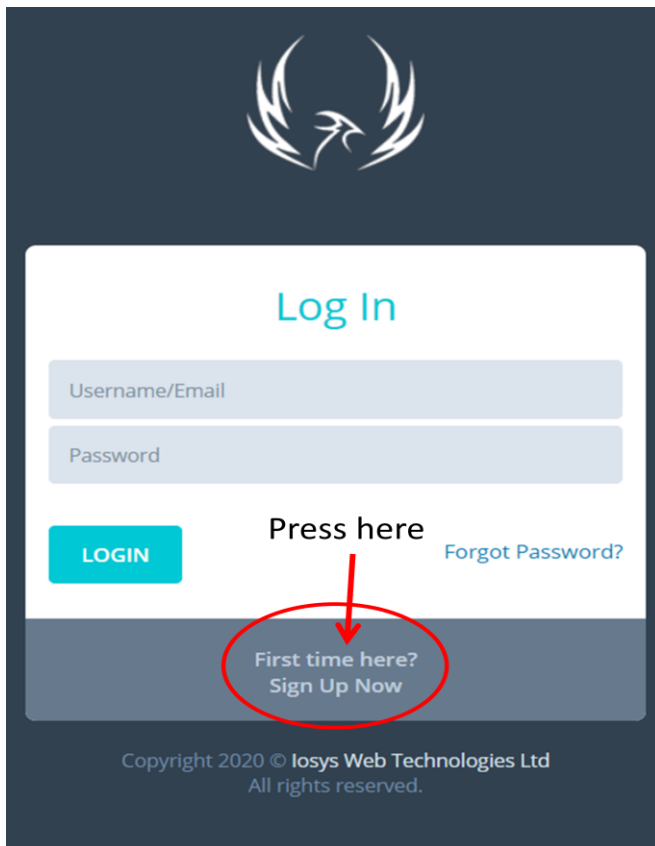
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch ASAP to get the entry record updated with the correct email address otherwise you won't be able to submit results. Please contact us on [PhoenixVIRTUALrunningUK@gmail.com](mailto: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 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' 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, then you'll see the P7in7 and any other future events you've entered in your crystal ball too.

### **How to submit RESULTS for the P7in7 – very IMPORTANT**

**Please DO NOT submit any results prior to 18<sup>th</sup> December 2020**

Whether you're a seasoned Phoenix WORLD virtual runner or completely new to Phoenix WORLD, please read this section carefully because it's might be different to the way you usually submit results. Historically you've always submitted virtual event results after completing a single run – I.E after the event.

The P7in7 is **different** because the event spans 7 days and you'll be completing multiple runs during the event. You might chose to do more than one run a day and you'll certainly be doing at least 7 runs over the 7 days, so for the P7in7 you submit results **run-by-run as you complete each run**. You don't have to wait until the end of the event week to submit results.

**Here's the nifty bit** – When you 'self submit' a run result towards the P7in7 then that particular mileage and time will go into the main results list for the P7in7 against your name. The P7in7 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 results and so on. You can submit as many run results as you like over the 7 day 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.

Results for the P7in7- It's Christmas can be found here once the event starts - <https://www.phoenixrunning.co.uk/results/virtual-p7in7-its-christmas-week/2020>

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

- Log into Phoenix WORLD
- Press 'Submit Virtual Time'
- Choose P7in7 from the drop down
- 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.

### **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 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 the event this will be stored digitally for all time in your profile.

### **MEDALS**

Getting your awesome medal is based on submitting results, so please don't wait and do this until after the week is over. Please submit results as you complete each and every run.

After about 3 or 4 days, if you've consistently submitted your results then we're going to assume that you'll complete your challenge and we're going to go ahead and dispatch the medals in the first class post mid-challenge. There's an incentive to submit results from the get go! This is so that ideally they reach you in time for your own virtual finish line and Christmas. In a perfect world, where all first class mail gets there within 24 hours, this could work well, **but please do still allow 2 to 3 weeks** especially if you are one of our international runners and especially as its Christmas.

### **Results and medal deadline: 26/12/20**

There is a hard deadline by which time you need to have submitted your results and 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 26/12/20 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.**

### **P7in7 Challenge - Event RULES**

Rule 1 – This a challenge that involves running every day for 7 days, so you must cover at least 1 mile each and every day, no sneaky days off.

Rule 2 - Starting at 12.00am BST (UK London time) you have 7 days to complete the challenge, see rule 1 for more rules.

### **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 7.45am on the first day as there will be a FB race brief.
- The event officially starts at 12.00am UK BST on 18<sup>th</sup> December 2020.
- Run as many times as you like over the 7 days; whilst this is a minimum of 1 run per day, there is no maximum so you can go out as many times as you like over the day / week.
- Please feel free to share your miles in the chat groups all day and all night for the 7 days. I will be.
- We'll have some guest 'Virtual Marshals' posting FB live gems of abuse, I mean encouragement, throughout the week. Some of them are clearly in ongoing training for our GIN Run so be aware of slightly tipsy 'virtual marshals' wandering around the chat groups, especially at night.

### **DON'Ts**

- The absolute essence of this challenge is that you run at least 1 mile on each and every one of the 7 days– for avoidance of doubt a day is defined as between midnight and midnight on any given calendar date.
- You cannot do one run in the morning another in the afternoon and then have the next day off, effectively ‘doubling up’. That is very naughty and not allowed, not ever. DON’T do it. Remember those ‘virtual marshals’, well they are watching you.
- You must run at least once on all 7 days ‘yourself’ to be a finisher. DON’T get someone else to do a sneaky run for you. That will be classified as outrageously naughty and is also not allowed.

### **Yet more DO’s**

- Please DO get involved in our family and friends day and our fancy dress day.

### **The Family & Friends Day is day 3 on Sunday 20<sup>th</sup> December 2020**

Invite members of your family and friends, both runners and non runners to join you for the Family & Friends day, observing social distancing rules, of course.

### **The Fancy Dress Day is on day 7, Christmas Eve on Thursday 24<sup>th</sup> December 2020**

Let’s get festive folks and go for your run in fancy dress on Christmas eve!

### **Specific Goals during the P7in7**

Something that might keep you motivated during the P7in7 is to have a specific goal, so why not join us for one of the following during your week;

- The Suck it and See runner – mixed mileage, just go out every day and see how you go!
- The 5k runner, covers 35k in their week
- The 10k runner, covers 70k in their week
- The Half-Marathon runner, covers 91.7 miles in their week
- The Ton Runner – runs 100 miles in their week
- The Marathon runner – covers 183.4 miles in their week
- The Ultra Marathon runner – theirs is a 200+ mile week
- The Fibonacci runner – runs the Fibonacci mathematical sequence finishing with a half marathon on day 7. So, 1, 1, 2, 3, 5, 8, 13.1 (add the 0.1 on day 7)
- The Ascension runner – adds random mileage each day but always runs more than the day before
- The Stairway to Heaven runner - adds a fixed distance each day, so say starts with 3 miles, then 4 then 5, then 6, etc, etc
- The Hell for Leather runner – goes as LONG as possible on day 1 then decreases mileage each day.
- The Hump Day runner, increases mileage until day 4 then decreases until day 7.
- The Big Mileage runner – run as many miles as you can in 7 days, go BIG or go home!

## **Running at NIGHT**

As this event spans a full 7 days and you can run at any time you like, you might find yourself fitting in some night miles, so please take extra care if running at night.

Here in the UK, the 'darkness hours' are likely to be 4.00pm to 8.00am, 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 turned on at all times.
- Avoid running in poorly lit areas if possible
- If you can run with someone else during the dark hours (socially distanced, of course).
- Don't take any risks and stay safe!

So there you have it – easy right?

We'll see you at 7.45am on 18<sup>th</sup> December 2020 when we'll post the race brief in both chat groups.

MERRY CHRISTMAS WEEK!!

Rik