Dear Prison Break Runner,

This is the final event information email for the Prison Break Escape Challenge which officially starts at midnight on Friday 27th November 2020 and runs for exactly 48 hours until midnight on Sunday 29th November 2020.

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

Important – please re-check your virtual BIB's in your Phoenix World. It appears we had a minor technical issue here at the prison and someone [looks shiftily from side to side] accidentally set the system to allocate too many Prisoner BIB's. This means we've had to tip the balance and even things out between the Prison Guards and Prisoners so your may have changed teams. At the end of the day it doesn't really matter as it's all just a bit of running fun – so simply run as much as you like and if you're planning fancy dress then dress up and run for whichever team you like

11.45pm Race Brief on 27/11/2020 – streamed into the Facebook chat groups from very bleary eyed escaped Race Director

There will be a Facebook race brief streamed into the chat groups late on the evening of 27th November. You don't have to stay up though and you can, of course, watch it when you like once it's posted.

Prison Break Escape Challenge

When you signed up for the event you were allocated the status of 'Prison Guard' or 'Prisoner' which is shown on your virtual BIB (OK that might have changed now, but that's the idea). The link for your BIB can be found in your Phoenix World account (read on if you've yet to set that up). In your Phoenix World go to your Crystal Ball and find the event and press the blue 'BIB' button.

- Prison Guard
- Prisoner

When to start and when to run

You can basically choose when you start your run and you can start anytime between midnight 27th November and midnight 29th November and you can run as many or as few miles as you like and as many or as few times as you like BUT you can only submit results for actual mileage run between these times – I.E within the 48 hour time frame. You don't have to run at midnight by the way.

Submitting miles – this is all done through your Phoenix World

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 Hunt 48 Event.
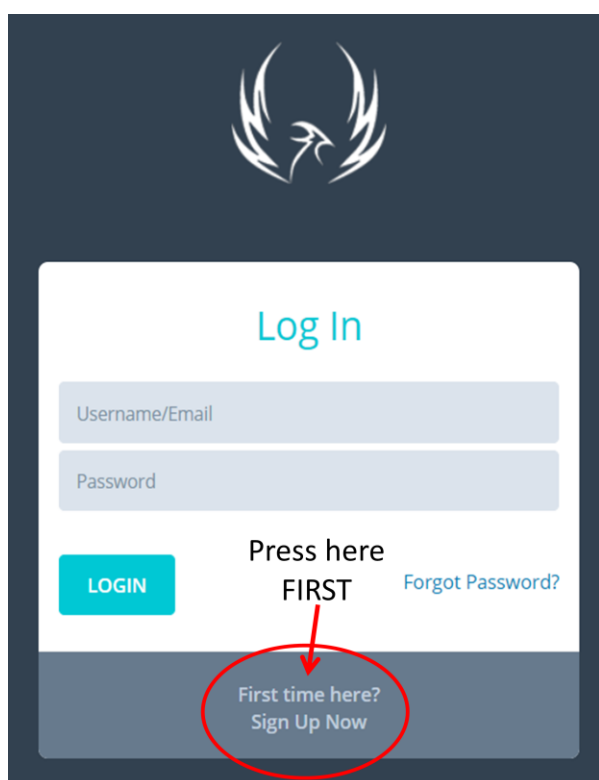
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch ASAP to get the entry record updated with the correct email address otherwise you won't be able to submit results. Please contact 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 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)

- 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 'VIRTUAL - Prison Break Escape Challenge' and any other future events you've entered in your crystal ball too.

How to submit RESULTS for the Prison Break Escape Challenge – very IMPORTANT

Please DO NOT submit any results prior to midnight on 27th November 2020

ALL RESULTS MUST BE SUBMITTED by 12 noon the day after the event finishes – I.E Monday 30th November after which time we'll declare the winning team on Facebook.

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. Historically you've always submitted virtual event results after completing a single run – I.E after the event, unless you've run in our multi-day events which have results submissions very similar to this

The Escape Challenge spans 2 days so we're asking you to be disciplined and **enter your runs as soon as you finish each run** – it takes about 60 – 90 seconds. This is also important because we want to be able to track each team as closely as we can live during the event. You submit results and then we'll check evidence and approve as quickly as we can throughout the event so we can see if the Guards are ahead or the Prisoners are escaping......

So the golden rule for the Escape Challenge is that you submit results **run-by-run as you complete each run.**

Here's the nifty bit – When you 'self submit' a run result towards the Escape Challenge then that particular mileage and time will go into the main results list against your name. The Escape Challenge 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 or even in a single hour if you like. Each time you submit a run, they will be added to the overall total under your name in the main results and to your team's totals. I.E – the system will do all the work in adding up your time and distance as you go.

The Results Display Prison Break tracking page

Results for the Prison Beak Escape Challenge can be found on our results tab on the website once the event starts on this link;

https://www.phoenixrunning.co.uk/results/virtual-prison-break-escape-challenge-guards-vs-prisoners/2020

We also have a cool Guards vs. Prisoners tracking page which can be found on this link

https://www.phoenixrunning.co.uk/landing/virtual-prison-break-escape-challenge-guards-vs-prisoners

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
- 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

Most of the medals for this event have been sent in advance.

If you've only just entered then once the event is finished, we'll send all medals out straight away.

Results and medal deadline: 30/11/20

There is a hard deadline by which time you need to have submitted all your results and claimed your medal. If you choose not to submit results during the event, you absolutely **MUST** submit your results by midday on Monday 30th November. After this time the system will automatically remove the ability to submit results from your Phoenix World self submit drop down list and no medals can be claimed after this date.

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 11.45pm on the first day as there will be a FB race brief.
- The event officially starts at midnight UK time on 27th November and finishes at midnight on 29th November.
- 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' and mostly me posting incessant FB live gems of abuse, I mean encouragement, throughout the event

So there you have it – We'll see you at 11.45pm on 27th November 2020 when we'll post the race brief in the chat groups and go for a midnight mile to get things started.

Good Luck!