

Dear Runner,

Thank you so much for signing up to 'RUN for LUZ'.

You're receiving this email because you've signed up to join runners from around the world on April 10th and 11th to run a few miles as a tribute to Luzviminder Villamil, who recently passed away unexpectedly. Thank you!

Luz was running our Antarctica VULTRA event both as a solo runner and as part of 'Team Happy Feet', a team she set up and was the Captain of. Team Happy Feet immediately got in touch with me to ask if they could donate virtual miles to Luz to get her to the finish line one more time. I think this is a wonderful gesture. Luz needs 506.86 miles to virtually reach the South Pole and so by hosting this tribute run we can all 'RUN for LUZ' and see how many miles we can total for her.

The VIRTUAL Route

We've teamed up with Mainly Marathons in the USA where Luz was a huge part of the Mainly Family. Mainly Marathons are inviting folks to wear green running shirts and to run in tribute for Luz on day 1 of their Riverboat series in Winnsboro, Louisiana on April 11th. We're going to join the MM team 'Virtually' from here in the UK and around the world. We've recreated the exact Riverboat day 1 route in Civitan Park as a 1.2 mile infinity loop on our virtual platform. See the results display and map section below for the link to view the route. Once you start your virtual 'RUN for LUZ' you'll submit your mileage after each run, which, once approved, will automatically move you around the map where we'll virtually join our friends in the US who are actually there running the route.

For a look at the Actual physical route click here -

<https://www.youtube.com/watch?v=wAOZudZeR5Q>

When to Start

We'll open the virtual map and miles logging system from 12:00am on 10th April (UK time) so that Luz's New Zealand and Australian friends can start logging miles. Then we'll keep the event open for 48 hours capturing the full spread of the April 11th date no matter where you are in the world. We're inviting folks to run, walk or crawl any distance from 1 mile and to run as many or as few times as they like during the 48 hour event. It doesn't matter where you are in the world or which race events you might be already running in – you can still run for Luz.

Phoenix WORLD – getting signed up so you can log your miles

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 you can sign up right now.

Please only sign up to Phoenix WORLD using YOUR name and email address as this will become your unique results ID and this must match the name and email address you used to enter the event.

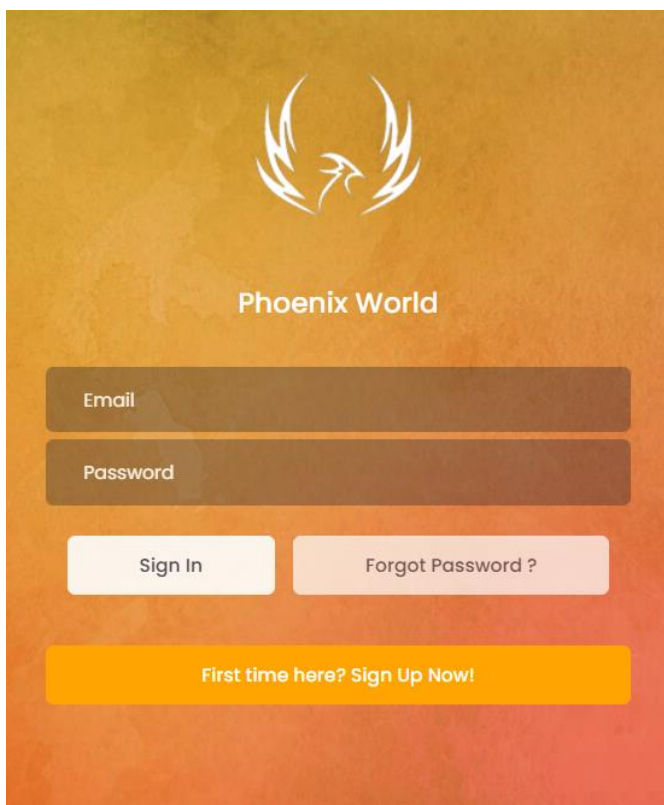
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch ASAP to get the entry record updated with the correct email address otherwise you won't be able to submit results. Please email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

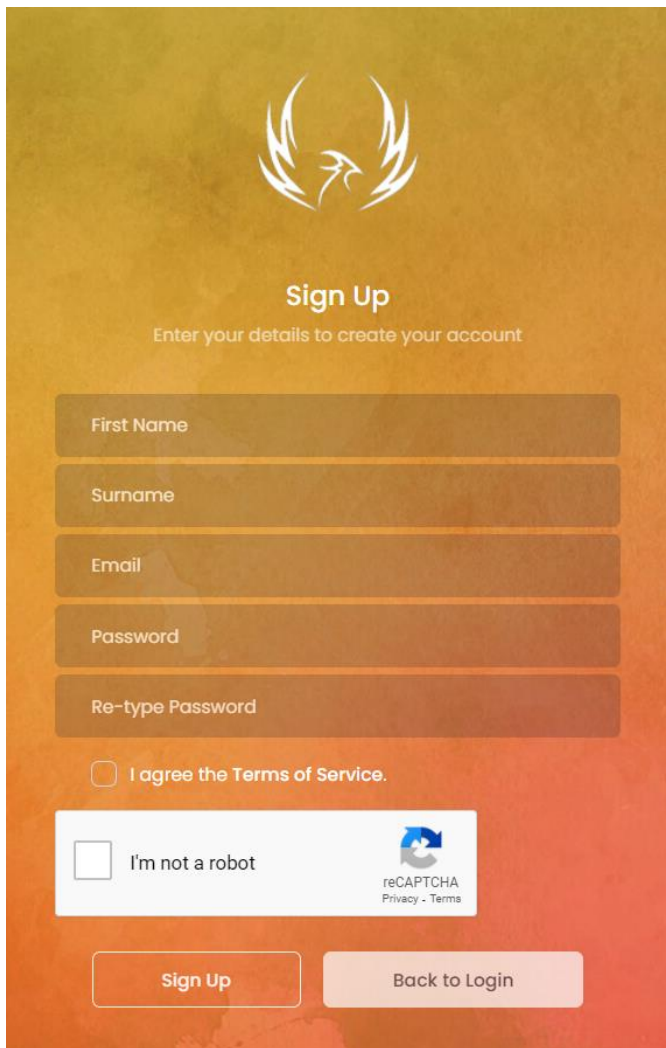


PLEASE DO NOT try to enter details, login or reset a password BEFORE you've pressed 'Sign-Up Now' and created your profile. Press Sign Up Now FIRST.

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 a Phoenix World profile. At the top is a white 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, there 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 this event and indeed any 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 event (and any other future virtual events you've entered) in your crystal ball.

DIGITAL BIB

When you sign up to 'RUN for LUZ' you'll be allocated a bespoke digital BIB. This can be accessed and downloaded as a PDF through your Phoenix World. Simply log in and go to the 'crystal ball' section where you'll find a blue 'BIB' button next to the event. Press the BIB button for your digital BIB.

How to submit RESULTS for 'RUN for LUZ' – 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.

At 12.00am on 10th April 2021 (UK time) the event will go live and the 'RUN for LUZ' event that appears in the 'submit virtual event' will no longer be greyed out, thus allowing you to submit results.

During this event you could be completing a single run or multiple runs which is absolutely fine. Basically for this event we suggest you submit results **run-by-run as you complete each run**. This way the system can total and display the miles total 'Run for Luz' throughout the event.

Here's the nifty bit – When you 'submit a virtual result' towards the event then that particular mileage and time will go into the main results list for 'Run for Luz' against your name. The 'Run for Luz' event will **NOT** disappear from your 'submit virtual results' list after you submit a result but rather will allow you to 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, the run 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 'RUN for LUZ' can be found here - <https://www.phoenixrunning.co.uk/results/virtual-run-for-luz>

We also have a virtual 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 and your photo (if you opt in for that).

The 'RUN for LUZ' map and overall landing page can be found here – <https://www.phoenixrunning.co.uk/landing/virtual-run-for-luz>

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 'RUN for LUZ' (tick the box to the left of the event)
- Date: fill out the date dd/mm/yy
- Distance (always entered in miles unless you change to Km's in the settings in your Phoenix World): 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 run for Luz.

Facebook Chat Groups

- Please join our Phoenix Facebook groups – there are two;
 - 'Phoenix Virtual Running Community' - <https://www.facebook.com/groups/1131279356994727/>
 - 'Phoenix Running Community' - <https://www.facebook.com/groups/500321893480620/>
- Please also join our Phoenix Running Strava CLUB - <https://www.strava.com/clubs/PhoenixRunnersClub>
- Also please consider joining the Mainly Marathons and Enigma running chat groups which can be found here;
 - Mainly Marathons – <https://www.facebook.com/groups/414643871935109>
 - Enigma Running – <https://www.facebook.com/enigmarunning>

Please run as many times as you like during the event and let's see how many miles we can 'RUN for LUZ' to get her to that virtual finish line one more time.