

Dear Antarctic South Pole Runner,

This is the final event information email for the Antarctic South Pole VULTRA Challenge which officially starts on Friday 1st January 2021.

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

Following in the legendary footsteps of Robert Falcon Scott, we've recreated his 1911/1912 journey to the South Pole as closely as we can to give you the chance to 'virtually' run the 862 mile route and complete your very own epic Antarctica expedition to the South Pole.

The Antarctica South Pole VULTRA is the next level in our popular VULTRA series of events, and will be the first of our 'Unlimited-VULTRA's'. This is a standalone event, so not part of the VULTRA-Six series (a series of six consecutive VULTRA events, lasting 2 months each and held over a calendar year) or linked with the Super-VULTRA series. The Antarctica South Pole VULTRA gives you an almost unlimited amount of time to complete it starting from January 1st 2021 you have up to 2 years to cover the mileage and it really does have something for everyone; from seasoned ultra runners to those who are new to running and want to try something totally epic. You can complete this VULTRA on your own terms; take a month, take a year; do as much or as little mileage as and when you like and keep chipping away until you reach the South Pole. Oh and of course there will be the epic bling - obviously. You are really going to love this one!

The route will start at Scott's Hut near McMurdo and then we'll be following the Ice Runway Road to the McMurdo Air Station and from there we'll be spending the next 400 miles or so crossing the Ross Ice Shelf. We'll then have the brutal 100 mile ascent of the Beardmore Glacier to contend with before we face another 300+ miles straight to the South Pole.

When to Start

You can choose when you start your run and you can start anytime between 1st January 2021 and the end of December 2022, but you must complete the challenge in full by 31st December 2022, so please make sure you start on a suitable date. For example if you know it's going to take you 3 months, then don't start 4 days before the end of December 2022.

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 event.

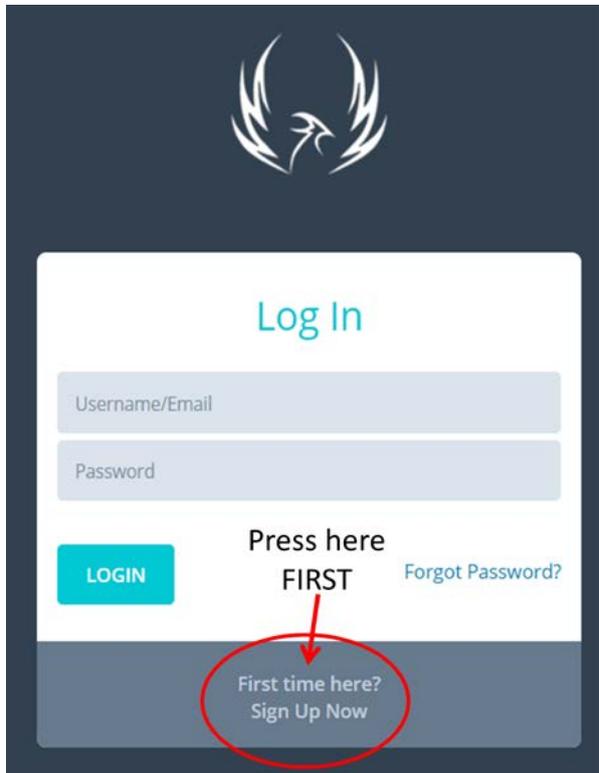
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch ASAP to get the entry record updated with the correct email address otherwise you won't be able to submit results. Please email 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 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 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 event (and any other future virtual events you've entered) in your crystal ball.

How to submit RESULTS for the Death Valley VULTRA – very IMPORTANT

Please DO NOT submit any results prior to 1st January 2021

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 Antarctic South Pole VULTRA is a bit **different** because the event spans up to 2 years and you'll be completing multiple runs during the event. You might choose to do more than one run in 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 this event you submit results **run-by-run as you complete each run**. Please don't wait until the end of the event to submit results.

Here's the nifty bit – When you 'self submit' a run result towards the event then that particular mileage and time will go into the main results list for the event against your name. The Antarctic South Pole VULTRA 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 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 Antarctic South Pole VULTRA can be found here once the event starts - <https://www.phoenixrunning.co.uk/results/virtual-antarctica-south-pole-vultra-unlimited/2020>

We also have a 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.

The Antarctic South Pole VULTRA map and overall landing page can be found here – <https://www.phoenixrunning.co.uk/landing/virtual-antarctica-south-pole-vultra-unlimited>

How to submit your results

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 (tick the box to the left of the event)
- 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 862 miles we'll know you are finished, you will move to the 'Completed' section, you'll get a congratulations email, your finishers certificate will appear for download and we'll send your medal automatically.

Results and medal deadline: 14/01/23

There is a hard deadline by which you need to have claimed your medal. If you choose not to submit results during the event, you absolutely **MUST** submit your results within 14 days of the last date of the event to claim your medal. For avoidance of doubt this is 14/01/23. On this date 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>
- The event officially starts on 1st January 2021 and finishes on 31st December 2022.
- Run as many times as you like during the event.
- Please feel free to share your miles in the chat groups whenever you like as we want to hear how you're getting on.

So there you have it – easy right?

It's going to be epic, oh and cold, very, very cold, VIRTUALLY!