

Dear Thames Path VULTRA® Runner,

This is the final event information email for the Thames Path VULTRA® Challenge.

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

The route is 185.1 miles along a recently mapped Thames Path from the source of the River Thames to the Thames Barrier. Pretty cool, hey. Once you've submitted enough mileage to get to the finish at the View Cafe then you are an official finisher of the Thames Path Super-VULTRA!

When to Start

You can choose when you start your run and you can start anytime the minute after you sign up and the timeframe to finish is pretty much unlimited, well, until the end of December 2023 anyway, but you must complete the challenge in full by then, 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 2023.

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.

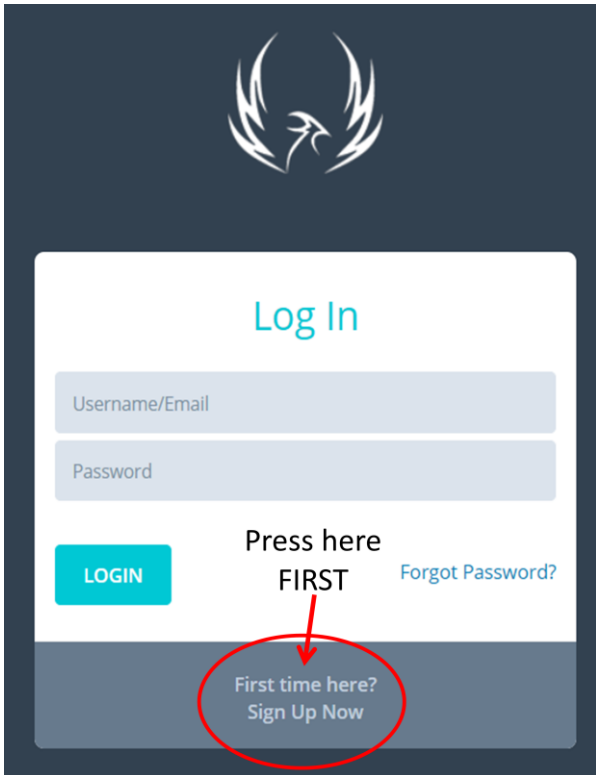
Note: If someone else entered you into this event under their email address or you entered someone else into the event under your email address then you need to get in touch ASAP to get the entry record updated with the correct email address otherwise you won't be able to submit results. Please email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

Please DO NOT submit any results prior to 1st November 2020

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.

This VULTRA is a bit **different** because the event spans up to 3 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. This VULTRA event will **NOT** disappear from your 'submit virtual results' 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 Thames Path VULTRA can be found here once the event starts -
<https://www.phoenixrunning.co.uk/results/virtual-thames-path-super-vultra/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 and you photo (if you opt in for that).

The Thames Path VULTRA map and overall landing page can be found here –
<https://www.phoenixrunning.co.uk/landing/virtual-thames-path-super-vultra>

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 we'll know you are finished, you will move to the 'Completed' section in the results, you'll get a congratulations email, your finishers certificate will appear for download in your Phoenix World and we'll send your medal automatically.

DO's

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