

The Virtual Durrell Challenge 2021

Information Pack

Welcome

Welcome to the Virtual Durrell Challenge!

Thank you so much for taking on the 13K challenge closer to home to support the vital work of Durrell Wildlife Conservation Trust.

It is fantastic to see such a large community of runners taking part to raise funds for Durrell's work saving species from extinction. The dedication of our supporters around the world is what makes the Durrell Challenge so very special, and we have been delighted to see runners from nearly 50 different countries signing up in recent years!

Together with our ambassador Henry Cavill, Durrell Challenge runners support our vital work protecting some of the most threatened wildlife on the planet. Over the last three years, our amazing participants have helped to connect, champion and support Durrell by raising over £200,000! We need your help to continue our work as the world's animals and their habitats face constant threat. By taking on the challenge closer to home, you will be contributing to saving species from extinction and helping to create a wilder, healthier, more colourful world.

Good luck, have fun, and stay safe!

What is the Virtual Durrell Challenge?

This virtual run is a 13K challenge that allows you to participate in the event safely wherever you want, at whatever time you want (within the challenge dates) and at whatever pace you want.

On completion of the challenge, participants submit their results to the Race Nation App (this is the system you used to register), and in return receive a finisher medal and t-shirt. Our magnificent VIPs will also receive some extra exclusive goodies!

When is the Virtual Durrell Challenge?

The virtual challenge will take place between Friday 21 May – Monday 24 May 2021 from wherever you are in the world. We appreciate that you may be in a different time zone to Jersey, so please complete the challenge on one of the above days in your own time zone.

If you wish to complete the challenge at the same time as runners in Jersey, the race is scheduled to start at 09:00 (BST) on Sunday 23 May.

Have I got to complete the 13K distance all in one go?

Yes, just like taking on the Durrell Challenge here in Jersey, we would love you to attempt to take on the 13K run in one go in your local area. You can run, walk, or run AND walk the challenge, the choice is yours as long as you can complete it in one go.

How do I complete the Virtual Durrell Challenge?

1. Run a safe 13K route in your local area. This can be around a racetrack, along a beachfront, around neighborhood lanes or even during another competitive race. Please consider your safety when planning your route.
2. Run your 13K at your own pace. Make sure to record your route, distance and time.
3. Submit your run results to the Race Nation App (see more info below).
4. Share your experience on social media using #virtualdurrellchallenge and #doitfordurrell.

What goodies will I receive?

All runners will receive:

- Access to training plans and advice
- An online race bib to print and wear on the day
- The Durrell Challenge 2021 finisher medal
- The official Durrell Challenge 2021 t-shirt (if selected when registering)
- Access to the Durrell Challenge E-goodie bag

VIPS will receive the following extra exclusive goodies:

- Access to training plans and advice
- An online race bib to print and wear on the day
- The Durrell Challenge 2021 finisher medal
- The official Durrell Challenge 2021 t-shirt (if selected when registering)
- Access to the Durrell Challenge E-goodie bag
- An exclusive gift from Henry Cavill (to be announced)
- Complimentary and guaranteed VIP registration for the Durrell Challenge 2022 (date TBC). 2022 VIP fundraising target will be £1,200.
- Butterfield gift
- Durrell gift

Running safety measures

Runners should consider the below options to ensure that their route is safe:

- Strongly consider creating a course that minimises running on public roads
- Plan a course that avoids high density traffic / public areas
- Plan a course that takes you past friends and family's houses – use them for drinks/fueling/support stations
- Consider a circular course that starts and finishes from your house
- Consider air temperature and winds on the day
- Share your course with friends and family
 - I. Take your phone and check in with friends or family at regular intervals
 - II. Find your run buddies and get them to run a section of your course with you
 - III. If you run solo, then it is essential to plan your nutrition and hydration strategy for the distance you are running. Consider hydration running packs for your fluid intake and gels for your added energy requirements.

How do I submit my results?

All results will need to be submitted to organisers via the Race Nation App. Results can be uploaded either:

1. Manually
2. Through the Race Nation Timing App
3. Through Strava you can upload your results to your Race Nation Account

All results must be uploaded with proof of distance and time. Medals, t-shirts and goodies will not be sent out if results have not been submitted. Before uploading your results, you will need to claim your Race Nation account. Below explains how you can claim your account and upload your results.

How to claim your account

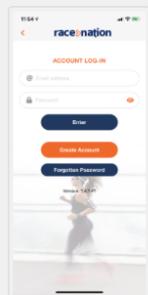
How to log into your MyRaceNation account

To log into your MyRaceNation account please follow the instruction below:

1. Log into your account at [MyRaceNation](#) using the email address you registered for the event with
2. If you've never logged in before you will need to first claim your account by entering the email address you registered with here [Claim your MyRaceNation account](#), agree to the RaceNation terms and conditions and click **Claim Account**
3. You will be sent an email, click on the **Reset password** and you will be prompted to enter a new password (must be at least 8 characters and at least 1 number, 1 letter and 1 special character. (eg. £, !, \$, ?, @, <, >, %).
4. If you just want to reset your password click here [Reset password](#) and enter the email address you registered with and click **Reset Password**
5. You will be sent an email, click on the **Reset password** and you will be prompted to enter a new password (must be at least 8 characters and at least 1 number, 1 letter and 1 special character. (eg. £, !, \$, ?, @, <, >, %).
6. When you have successfully created a password you can click here to log into your [MyRaceNation](#)

How to submit running data manually

How to Submit Results Through Manual Submission-App



To download the RaceNation App [click here](#).

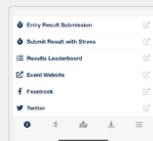
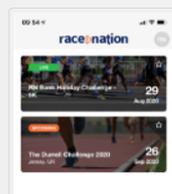
You will need to use your MyRaceNation account login.

If you have not logged in/claimed your MyRaceNation account before please [click here](#)

Please note: You must use the email address that you used to sign up to the event.

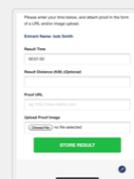
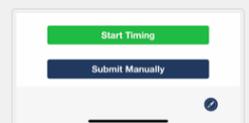
When you have successfully logged in, you will see all the events you have entries in. But remember, this will only display events that have opted to be shown on the RaceNation App.

Click on the event you wish to view/edit your result for and scroll down to the bottom of the **Event Information** screen.



Click on **Entry Result Submission** this will take you to login with your MyRaceNation login details, (the same details you have used to login to the App).

Once logged in you will see two options; **Starting Timing** and **Submit Manually**. Select **Submit Manually**.



You will then see the display shown on the left, here you can manually enter your time and distance (please check whether the Event Organiser has selected Miles or KM) for your activity. If you have proof to support your activity, you have the opportunity to upload this through a URL or image (i.e. screenshot) for the Event Organiser to view. You then click on **Store Result**.

After clicking **Store Result**, it will take you to the display shown on the right. If the Event Organiser has enabled 'Approve all results', this will automatically show the status as **Approved** on your result. If they have not enabled this it will display as **Pending** until the Event Organiser approves/rejects it.

The Event Organiser will either **Approve** or **Reject** any pending results which you will receive an email confirming which option they have selected and possibly a message alongside if the Event Organiser has added one.

Once a result is approved it will automatically be added to the Results Leaderboard created for the event. The leaderboard can be viewed by **Gender**, **Team**, **Affiliated Club** and **Ticket** if you wish to only view certain entrants who have also submitted results.



How to submit running data through Race Nation Timing App

How to Submit Results Through RaceNation Timing - App



To download the RaceNation App click [here](#).

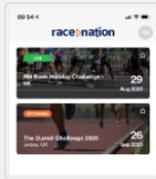
You will need to use your MyRaceNation account login.

If you have not logged in/claimed your MyRaceNation account before please click [here](#)

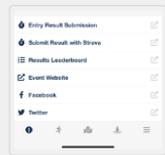
Please note: You must use the email address that you used to sign up to the event.

When you have successfully logged in, you will see all the events you have entries in but remember this will only display events that have opted to be displayed on the RaceNation App.

Click on the event you wish to view/edit your entry on and scroll down to the bottom of the **Event Information** screen.



Click on the **Entry Result Submission** this will take you to login with your MyRaceNation login details, (the same details you have used to login to the App).

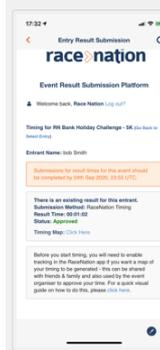
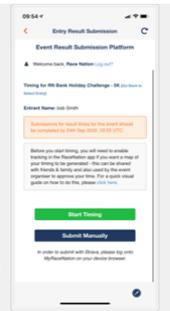


Once logged in you will see two options, **Start Timing** and **Submit Manually**.

Select **Start Timing**, this will start your timing for your activity. It will display the date and start time for you. When you have completed your activity select Finish which will then display the recorded time for your activity.

Please note: If you enable tracking during this activity (instructions for this can be found [here](#)) the Event Organiser will receive the map from your route.

If you have used another method of tracking as well you have the opportunity to upload this through a URL or Image (i.e. screenshot) for the Event Organiser to view. Once uploaded, click on **Store Result**.



After clicking Store Result it will take you to the display shown on the left, if the Event Organiser has enabled 'Approve all results' this will automatically show the status as **Approved** on your result. If they have not enabled this it will display as **Pending** until the Event Organiser approves/rejects it.

The Event Organiser will either **Approve** or **Reject** any pending results which you will receive an email confirming which option they have selected and possibly a message alongside if the Event Organiser has added one.

Once a result is approved it will automatically be added to the Results Leaderboard for the event. The leaderboard can be viewed by **Gender, Team, Affiliated Club** and **Ticket** if you wish to only view certain entrants who have also submitted results.

How to submit running data through Strava

How to Submit Results Through Strava - App



To download the RaceNation App click [here](#)

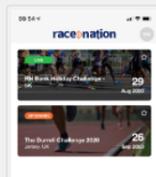
You will need to use your MyRaceNation account login.

If you have not logged in/claimed your MyRaceNation account before please click [here](#)

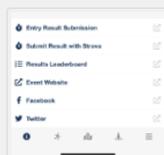
Please note: You must use the email address that you used to sign up to the event.

When you have successfully logged in, you will see all the events you have entries in. But remember, this will only display events that have opted to be displayed on the RaceNation App.

Click on the event you wish to view/edit your entry on and scroll down to the bottom of the **Event Information** screen.



Click on the **Submit Result with Strava** this will ask you to Open Link, click **OK**.



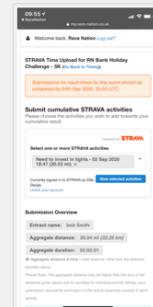
You will need to use your MyRaceNation login details (the same details you have just used to login to the App).

Once logged in you will see three options, **Starting Timing**, **Submit with Strava** and **Submit Manually**.

Click on **Submit with Strava**. If you have not connected your Strava account before you will need to click **on Connect with Strava** and this will then take you to the **Strava login page**, here you can login through Facebook, Google, Apple or with your email depending on how you normally login.

If you do not have an account you will be able to sign up for a Strava account as well.

It will ask you to authorise RaceNation to connect to Strava. Click **Authorize** to allow your activities to be uploaded to RaceNation.

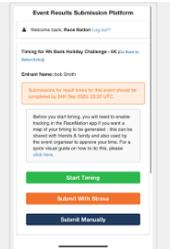


Once you have completed these steps you will see the screen displayed on the left, here you can select the relevant activity(ies) from your Strava account (*please note it will only display the activities that have taken place between the start date and finish date on the event*).

If the Event Organiser has allowed entrants to submit multiple activities, you will be able to input them all here.

You can view the individual distance on the activities you have uploaded. Click on **View Selected Activities** and it will break each activity down by distance and time.

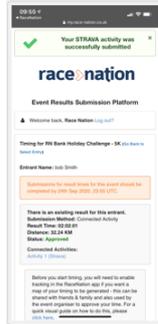
You can view the submission overview which displays the total distance and duration for your activity(ies) which is what the Event Organiser will see.



By scrolling down further you will see a **Store Result** button. Once you are happy with the Strava Activity(ies) you have selected click on this button and it will send your result through to the Event Organiser.



Please Note: A message will appear if the Strava Services are at a maximum capacity. You will need to try again later by refreshing/returning to the page. If you continue to experience this after 30minutes please contact Support@race-nation.com



After clicking Store Result, it will take you to the display shown on the left. If the Event Organiser has enabled 'Approve all results' this will automatically show the status as **Approved** on your result. If they have not enabled this it will display as **Pending** until the Event Organiser approves/rejects it.

The Event Organiser will either **Approve** or **Reject** any pending results which you will receive an email confirming which option they have selected and possibly a message alongside if the Event Organiser has added one.

Once a result is approved it will automatically be added to the Results Leaderboard created for the event. The leaderboard can be viewed by **Gender, Team, Affiliated Club** and **Ticket** if you wish to only view certain entrants who have also submitted

results.

When do I have to submit my results by?

Results must be submitted on the Race Nation App by 23:59 (BST) on Monday 24 May 2021. Organisers will publish live results on the website from Tuesday 25 May 2021.

How do you know where to send my medal?

All medals and t-shirts will be sent to the address that you registered with when signing up for your place.

When will I get my medal?

We aim to send medals and t-shirts within three weeks of your challenge completion date. Please allow up to four working days to receive the package if you are in the UK, or up to five weeks if you are from further afield.

For example:

- If you live in London, please allow three weeks for your package to be posted from our Jersey office and then allow an additional four days for the package to arrive with you. This means you could be waiting up to four weeks for your package.
- If you live in Singapore (or any country outside the UK), please allow three weeks for your package to be posted from our Jersey office and then an additional four or five weeks for the package to arrive with you. This means you could be waiting up to eight weeks for your package.

Unfortunately, you will not be able to track the package.

Please note, if you have uploaded an incorrect address or if you have moved to a new house and failed to update your address in your Race Nation account (meaning your package has been sent to the wrong address) there will be a replacement and postage fee of £25 for us to resend you the medal, t-shirt and goodies. These will only be sent if we have surplus stock. Please note that we cannot send other t-shirt sizes.

How can I change my address?

If you need to change your address all you need to do is log into your Race Nation account (the one you made when signing up for the event) and update your information.

Warm-up by Lucy (GB Athlete)

Lucy will post a warm-up video on Friday 21 May on all our social media channels to get you ready for your run.

Fundraising

We would like to sincerely thank all VIP runners who have already reached their £600 fundraising target!

If you still have a little way to go, the deadline to reach your target and qualify as a VIP runner is 23:59 (BST) on Thursday 20 May 2021.

We want to wish you all good luck! Once again, thank you for taking on the 13K challenge for Durrell! #doitfordurrell

For further information, please visit <http://www.doitfordurrell.com>