THE DURRELL CHALLENGE
13K RACE & VIRTUAL RUN
22 MAY 2022

The Virtual 13K Durrell Challenge 2022
Race Information Pack

Welcome

Welcome to the Virtual 13k Durrell Challenge!

We wanted to thank you once again for your continued support and commitment through this unusual time. The dedication of our supporters from around the world is what makes the Durrell Challenge so very special, and so we thank you for taking on the 13k challenge closer to home and continuing with your incredible fundraising to support Durrell's work saving species from extinction.

It is fantastic to see a massive community of runners taking on this challenge for Durrell Wildlife Conservation Trust. In 2021 we had runners taking on the challenge from nearly 50 different countries and for those joining us in 2022, we extend a very warm welcome to every one of you.

The rapid spread of coronavirus is thought to have started in wildlife markets and has demonstrated how connected we all are. Our planet, and the species we share it with, is under threat and wildlife markets and the illegal wildlife trade are only increasing these pressures. Your fundraising has never been more vital and will support Durrell protecting habitats and endangered species to rebuild a healthy natural world.

Good luck, have fun and stay safe!

What is the Virtual 13k Durrell Challenge?

A virtual challenge is a challenge that allows you to participate 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 challenge results to the Race Nation App (this is the system you used to register), and in return receive a specially designed digital finisher certificate and graphic to share with friends and family on social media. Our magnificent VIPs will also receive the extra opportunity to win some very special prizes.

When is The Virtual 13k Durrell Challenge?

The virtual challenge will take place between the dates of Friday 20 May – Monday 23 May 2022, 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 Jersey local runners, then the race is scheduled to start at 09:00am (BST) on Sunday 22 May.

Have I got to complete the 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 Durrell Challenge 13k 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 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 own 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 online training plans and advice
- A digital race bib to print and wear on the day
- Specially designed digital finisher graphic and certificate (to share on social media on completion of the challenge)

VIPS will receive:
- All the above goodies and additional opportunities to win some very special prizes – further information and full package to be launched soon.

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
- Create a course that avoids high density traffic / public areas
- Design 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 temp 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 how your nutrition and hydration strategy for the distance that 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. Finisher (digital) goodies will become available when results have 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

1. How to submit running data manually

How to Submit Results Through Manual Submission-App
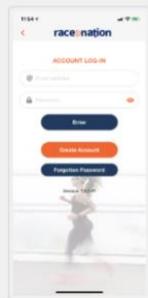
To download the RaceNation App click here.

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.
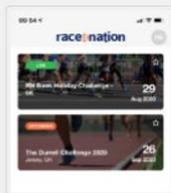
Click on the event you wish to view/edit your result for and scroll down to the bottom of the **Event Information** screen.
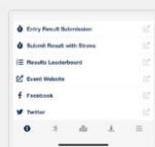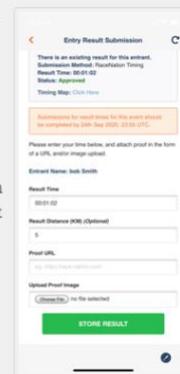
Click on **Entry Result Submission** this will take you to login with your MyRaceNation login details, (the same details you have used to login to the App).

Once logged in you will see two options; **Starting Timing** and **Submit Manually.** Select **Submit Manually.**
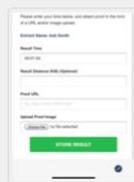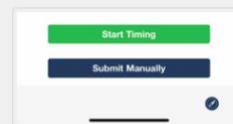
You will then see the display shown on the left, here you can manually enter your time and distance (please check whether the Event Organiser has selected Miles or KM) for your activity. If you have proof to support your activity, you have the opportunity to upload this through a URL or image (i.e. screenshot) 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.

2. How to submit running data through Race Nation Timing App
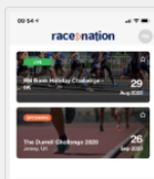
How to Submit Results Through RaceNation Timing – App

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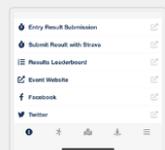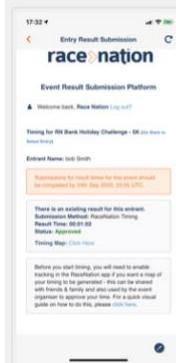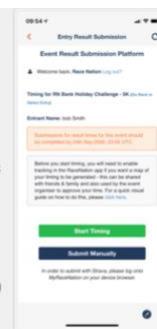
Click on the **Entry Result Submission** this will take you to login with your MyRaceNation login details, (the same details you have used to login to the App).

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 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.

3. How to submit running data through Strava
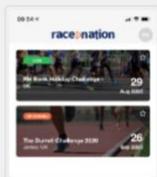
How to Submit Results Through Strava – App
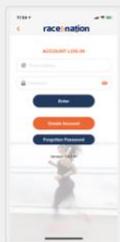
To download the RaceNation App click here
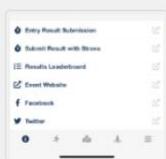
You will need to use your MyRaceNation account login.

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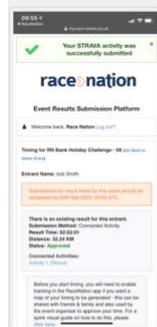
You can view the individual distance on the activities you have uploaded. Click on *View Selected Activities* and it will break each activity down by distance and time.

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 23 May 2022. Organisers will publish live results on the website from Tuesday 24 May 2022.

Fundraising

We would like to sincerely thank all runners who have already raised funds for Durrell Wildlife Conservation Trust.

We need your help to continue our work as the world's animals and their habitats face constant threat. By taking on the challenge, you will be contributing to saving species from extinction and helping to create a wilder, healthier, more colourful world.

We want to wish you all good luck!

Once again thank you for running for Durrell!

#doitfordurrell

For further information, please visit http://www.doitifordurrell.com