



VIRTUAL EVENT CHECK LIST

PREPARE

DECIDE ON & FULLY CHARGE YOUR GPS TRACKING DEVICE
DOWNLOAD A FREE TRACKING APP (IF NEEDED) IE. STRAVA,
MAPMYRUN
MAP OUT YOUR ROUTE
PRINT AND PREPARE YOUR BIB
LOCK IN YOUR SUPPORT CREW AND/OR NOTIFY A FAMILY OR
FRIEND

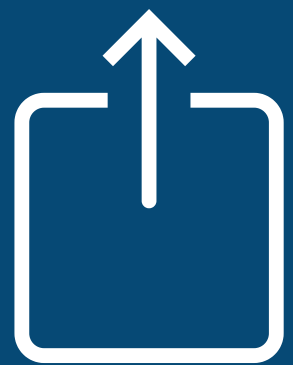


RUN

10 DAY WINDOW TO COMPLETE
(AUG 21ST 00:00 - AUG 30TH 23:59)
RUN, JOG, WALK YOUR CHOSEN DISTANCE AND RECORD
MAKE SURE TO COMPLETE THE CORRECT DISTANCE
REMEMBER THE NON-TRADITIONAL DISTANCES UNIQUE TO GORRF:
23KM HALF MARATHON
44KM MARATHON

UPLOAD

SCREENSHOT YOUR TRACKING DEVICE WITH YOUR FINISH
TIME AND DISTANCE
USING YOUR REGISTRATION ID (FOUND IN CONFIRMATION
EMAIL) UPLOAD YOUR SCREENSHOT
+ TIME [HERE](#)



FOR PARTICIPANTS COMPLETING THEIR DISTANCE IN
MULTIPLE RUNS, PLEASE FOLLOW [THIS LINK](#) FOR DETAILS



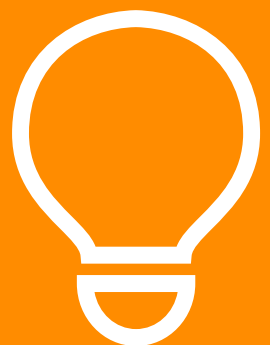
RESULTS

CHECK OUT YOUR RESULTS
[HERE](#)

LEADER BOARD WILL BE UPDATED DAILY AT 5PM
VERIFIED RESULTS WILL BE EMAILED TUESDAY 1ST SEPT

TIPS & TRICKS

WHEN SUBMITTING RESULTS, ALWAYS FORMAT IT HH:MM:SS
IF YOU HAVE RUN UNDER AN HOUR PUT 00 AT THE START
YOUR REGISTRATION ID IS FOUND IN YOUR REGISTRATION
CONFIRMATION EMAIL, BE SURE TO KEEP THAT SAFE.
WE WILL ONLY BE ABLE TO VERIFY YOUR RESULTS WITH VALID
PHOTOS OF THE DISTANCE/TIME COMPLETED



#GREATOCEANROADRUNFEST
#YOURRUNYOURWAY



AUGUST 21-30 2020
GREATOCEANROAD
VIRTUAL RUNNING FESTIVAL