TRI250 online: SCR250K-10D – Swim 5km-Cycle 200km-Run 45km in 10 days

1. **How do I do the swim part?**
   You will have to have your strava compatible device (preferably watch) in order to join and complete the swim part of this challenge. Similarly, one has to swim on an outdoor pool or any swimmable body of water with GPS connectivity. GPS data is a must and your device will reflect the distance covered on the swim part.

2. **What are the devices I can use for the swimming that are compatible with Strava?**
   There are many multi-sport or swim devices that are compatible with Strava. Here are some of the most popular devices used by our athletes to record swim activities:

   - Garmin Forerunner 920XT, 910XT and 310XT

   - Garmin Fenix 2 and Fenix 3

   - TomTom Multi-Sport

   - Polar V800

   - Suunto Ambit3

   While all these devices are compatible with Strava, some have an easier process for uploading to Strava than others. This information and options came from Strava and are strongly recommended.

3. **Do I need to have a Strava account first?**
   Yes.

4. **Do I need a premium account?**
   No, Using free account will do.

5. **Will the shipment/delivery of finisher shirts be free?**
   Shipment/deliver within the Philippines is FREE, but for other countries, it will depend on the delivery address. You may advise us your preferred courier and their quotation so we can coordinate accordingly.

6. **Do I need to download the Strava app?**
   If you do not have any GPS device compatible with Strava, then you MUST have the app on your iOS or Android device, as you will use it to log in your swimming, cycling and running activity details.

7. **How can I start logging my activity on Strava?**
   If you are using the Strava app, you can automatically upload your activity right after. Make sure you save and sync your activity. If you're using a GPS compatible device, just connect your device to your computer, and upload it to your Strava account. There should be a map of your activity automatically generated.

8. **On Strava account, can we log our cycle ride manually?**
   Yes, you may log in activity manually. However, if you are part of this challenge/race, your activity must have GPS connectivity as the map generated is a requirement to validate an activity entry. This should be done by syncing your activity data or copying and pasting your device activity file to your strava account.

9. **Can I do indoor swimming, cycling or running?**
   No, because it tracks movements per distance and GPS signal is a must. This will strictly not be counted and validated.

10. **I don't live in the Philippines, can I still join?**
    Yes, of course! As long as you have a Strava account, compatible device, accepts the risks and the waiver and disclaimer clause, you are definitely welcome to be part of this challenge/race.

11. **What if someone uses the Strava app on a motorized bike/car/skateboard/boat etc.**
    SCR250K-10D is about joining a race/challenge bounded by the parameters of GPS technology. At the moment, there is no way that we track cheaters. However, we spend time checking all entries and would flag questionable data. It is the responsibility of each participant to check any notification on their account and respond accordingly, otherwise data entry will not be recorded. All club members, by joining this club accept this limitation and we believe that each member of this club is honest and self-respecting.

12. **Can I still join even if the race has started?**
    Yes. You may register until December 6th, 2017 only or up to the 3rd day after the challenge has begun. However, please note that you will have to complete the challenge on a much less time/days.

13. **Can I use other app aside from Strava?**
    Currently no. But we are looking into other options to accommodate more participants using other applications in the future.

14. **Refund Policy**
    There will be no refund once a participant has signed up.

15. **When can I expect to receive my finisher shirt?**
    Your finisher shirts and medals will be sent to the courier/delivery service provider after 15 working days from the release of the official race results. Exact delivery to your place may vary due to location and possible delay on the courier's shipment process.

16. Can I replace size of my ordered shirt?

No. Size of your shirt will be ordered ahead of time. Replacing them will not be possible as we produce exact number of shirts. However, we will accommodate replacement if we have sent you the wrong size or if the item is damaged.

17. Why is my run flagged by the organizers?

Skewed map route due to bad GPS signal or device technical issues may result to inconsistent and erroneous map, pace and other details. Flagged entries will automatically not be recorded. We will be flagging them through your strava account to inform you that there is something erroneous and questionable with your entry. Flagged entries will automatically be invalid entries and may lead to disqualification. Participants should be responsible in checking their Strava account for messages and other notifications. Please also expect skewed map generated on the a swim pool. However, pace and time of swim should be reliable and accurate.

18. It has been raining and typhoon is coming in for the next few days, can I do indoor swimming /cyling/running?

No. All runs should have GPS connectivity in order to generate the map route. This will be part of the challenge having this GPS technology is the main parameter that we are using in order to record our club's activities. Should there be any unusual condition (prolonged raining, typhoon, flooding) that affected majority of our participants, the organizers reserve the right to do such adjustments and will be communicated to all participants.

19. Can I stop or maybe have lunch first while completing the race?

Yes, as long as you have enough battery on your gadgets. If you turned battery empty and lost all your data, we will not consider it.

20. I joined the Duo category, should each member complete the same distance, which is total distance of each swim/cycle/run discipline divided into 2?

No. As long as your entries will reach a cumulative distance of 5kms swim, 200km cycle and 45kms run, you will be considered finishers. This also applies for Trio category.

21. If I join the race, then I got into any untoward incident, will the organizers be held accountable?

No. This is an online race and each athlete should be responsible for their own safety. Each athlete must have prepared properly, ensured that the course one chooses is safe with hydration areas or stores one can buy from along the way. Participants are to read, understand and accept waiver and release clause by progressing and completing the registration process. There is also a release clause in using Strava, and this will also govern in terms of usage application as a tool in joining this activity.

22. I cycled 200 kms on my android device and after syncing, it showed that I have only completed 199.9km, can I still be considered finisher?

No. You must reach atleast 200km as shown on your strava account. This also applies to the swim and run discipline. It is strongly suggested that you do an activity more than the target distance to ensure you get to complete the right distance. It is also advised that you use to test your device first to make sure it is working properly.

23. I will be using my GPS compatible device watch and my ios phone strava app, can I use 2 devices at the same time?
Yes. However, you will have to choose 1 activity entry to sync to your account. By default, we are to record the faster activity with clear and no questionable details.

24. I am using 2 different devices and it showed different distance therefore times as well, which one should I sync?
Any 1 of the 2 activities is acceptable. This may happen due some technical specifications of your device. As long as the map is acceptable, the entry will be valid. Similar situation can happen to your companion's device even though you practically cycled or ran together the whole time.

25. Can I file a protest if I have proof that someone cheated?
Yes. You may do so by sending us photos or proof of cheating only up to the following day, 12mn from the day of the alleged cheating incident. The protest letter maybe sent through email together with the following information; Name of participant whom one complains to have committed cheating, Date and Time of Cheating, Witnesses, Proof of cheating (such as photos), protester's information and signature. This will be investigated and will be communicated to the other party as well. If needed, a telecom or messenger call maybe requested to resolve the issue. A scheduled call will be arranged and failure to find time on an agreed schedule may result on a decision without the consent of one party. Final decision will be in the form of edited race results to be posted on Trisports' website.

26. I know that this is not a race, but how will you determine the top finisher at the end of the race? Will it be based on the most number of kilometers completed?
No, the challenge is to complete the required distance specified in this challenge. This is not a race but we rank your performances based on the day and hour one completes the total 7required distance from the start of the event. In short, imagine that the race clock starts on December 4th 00:00:01 hours and will end it once your required distance is completed. This will be considered your finish time.

27. We joined the Duo category, does it mean both of us must record a swim, cycle and a run to qualify?
No. As long as you complete the total distance needed, you activity entries will be valid and you are qualified to be a finisher. Same rule applies on the Trio category, one may only choose to do one discipline and the other two may work on to complete the challenge.

28. Can I swim on any open water swim pool?
Yes. However, swim pool with less buildings/structures on your surroundings is best so that GPS connectivity will be stronger. You gadget may stop recording distance whenever receives bad connectivity with GPS.

29. Can I swim on any size of pool?

Yes. However, in order get better GPS recording, a 50 meter pool is strongly advised. Considering that even the best fitness GPS enabled devices still has an error margin, swimming on a 25 meter pool will likely to reflect erroneous data. A 50 meter pool will allow more space/distance and less likely to be interpreted that you are still or not moving. Though it is expected that one will not get a clean and straight line map (lapping movement), this will produce more or less close accurate data. This is part of the limitations of the challenge and each participant must have acknowledged and accepted this by joining this activity.

30. I swam on an outdoor 50 meter pool but it shows on the map that I went outside the swim pool?

Depending on the data received, this will more likely to reflect less distance than what was actually done. If there will be any issues like this, we will be recording an activity with a slower time and invalidate the swim entry (whole or patial activity) with unusual faster time. We will verify this through your previous recordings or through email/strava messaging communication. It is the responsibility of the participant to check their email or strava activity and respond to the organizers for any concerns or contention.

31. Can I swim with fins, snorkel, paddles, or kickboards?

Swimming with any equipment that makes one swim faster or helps one's movement/breathing is not allowed. Only goggles, caps, swim/trisuits are allowed while doing the swim part.

For other questions regarding Strava, please visit their website _https://www.strava.com/_. _For other inquiries regarding this challenge, you may reach us through www.trisports.solutions@gmail.com or 026335166._