R150K-30D – Run 150km in 30 days

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

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

3. **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.

4. **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 running activity details.

5. **How can I start logging my activity on Strava?**
   If you are using the Strava app, you can automatically upload your cycling 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.

6. **On Strava account, can we log our activity 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.

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

8. **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.

9. **What if someone uses the Strava app on a motorized bike/car/skateboard/etc?**
   R150K-30D 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.

10. **Can I still join even if the race has started?**
    Yes. You may register until January 21, 2018 only or up to a week after the start of the challenge has begun. However, please note that you will have to complete the challenge on a much less time/days.

11. **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.

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

13. **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.

14. **Can I replace size of my ordered shirt?**
    No.

15. **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.

16. **It has been raining and typhoon is coming in for the next few days, can I do indoor 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.

17. **I joined the Duo category, should each member complete the same distance divided into 2?**
No. As long as your entries will reach a cumulative distance of 150kms run, you will be considered finishers. This also applies for Trio category.

18. **If I join the race, then I got into any untoward incident, would the organizers' be held accountable?**
No. This is an online challenge 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.

19. **I run 150 km on my android device and after syncing, it showed that I have only completed 149.9km, can I still be considered finisher?**
No. You must reach atleast 150 km as shown on your strava account. It is strongly suggested that you run 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.

20. **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.

21. **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 ran together the whole time.

22. **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.

Trisports Online races   Contact us through:
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January 15 to February 13, 2018

23. 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 150 km of running. This is not a race but we rank your performances based on the day and hour one completes the total 150 kms from the start of the event. In short, imagine that the race clock starts on January 15th 00:00:01 hours and will end it once 150 km is completed.

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._