



## aloneTOGETHER 5k Competitive Race Rules

Without rules, there'd be anarchy; so we thought we'd throw in some checks and balances to make sure that everyone knows the scoop.

- Registration is open from April 10, 2020 to May 14, 2020
- Race times can be submitted from April 10, 2020 to May 15, 2020
- You can submit as many 5k results as you wish during the race window and we'll take the fastest one of the bunch!
- A screenshot of your GPS watch, Strava upload or internet program is required. If no screenshot is sent, then you're ineligible for competitive awards. Sorry, but we've gotta make it fair for everyone!

### Submission Process

- Submit your time as many times as you'd like using the Google form found [HERE](#)
  - This requires a Google account
  - Visual evidence of time must be attached
  - If you do not have, or wish to create, a Google account, your information must be emailed to [alonetogether@run-ne.com](mailto:alonetogether@run-ne.com)
    - Please include the name and email address, and age that you used in your registration
    - Time in hh:mm:ss:ms format
    - Visual evidence of time

### Rules for running outdoors

- Social distance yourself, people!
- Try as best as you can to run somewhere where you won't have to pause your watch. If you must pause (you know, for things like traffic, social distancing and such), that's OK, but there should be no more than 30 seconds of paused time. This is why we like the screenshots because it shows total time and total moving time!
- Any outdoor route with a net elevation loss will not be eligible.

## Treadmill rules

- Treadmills are 100% fine, but any run with anything less than a 0% grade will put you in the penalty box; so play fair!

## Additional rules

- Keep in mind that we'll verify everything. If we see something that looks out of place (y'know, a runner that usually runs a 25-minute 5k throwing in a 16-something time, we're gonna do some homework on that one.)

## Awards

- Once the virtual event is complete, we'll announce the winners and send some swag! The awards will be given to the following participants:
  - Top 3 overall male and female participants, respectively.
  - 1<sup>st</sup> place male and female participants in the following age groups:
    - 14 & under
    - 15-19
    - 20-29
    - 30-39
    - 40-49
    - 50-59
    - 60+

Most importantly, though, we want everyone to have fun with this and realize that while we may be isolating or quarantined, we're at least aloneTOGETHER!

For questions, concerns, or comments please contact Melissa at [melissa@run-ne.com](mailto:melissa@run-ne.com), or the team at [info@run-ne.com](mailto:info@run-ne.com).

