**Generic Virtual Run FAQs**

**What is a virtual run?**

A virtual run is like a normal run except it is run individually or in groups, and at the location of the runners choice. Instead of running a given distance at a given event at a given time, runners can run their chosen distance (according to the run), at their chosen location at their chosen time.

A virtual run is normally run on a specific day or set of days but runners can choose the time they do their run on those days.

**How do I sign up for a virtual run?**

There are many websites which list virtual events. Each virtual run is normally linked to a website.

Participants go to the site, find their chosen run and sign up for their run. There is sometimes a registration fee/voluntary donation.

We are using the Lets Do This platform at: <https://www.letsdothis.com/gb/e/run4reforestation-187884>

**How do I prepare for a virtual run?**

* Sign up for a run
* Choose a route
* Download a distance tracking app
* Ensure your GPS tracking watch/phone is charged

**How to participate in your chosen virtual run?**

* Record your activity on your app and take a screenshot
* Complete your activity in the given time frame if there is one
* Take a finisher’s picture

**How do I submit my results?**

* Return to the events page and upload the screenshot of your results
* Provide your finish time and overall distance
* Share your finishers’ photos in the event’s gallery

**Can I walk a ‘virtual run’ event?**

Yes, as long as participants finish within the allowed timeframe, if a timeframe is given.

**The Run4Reforestation 2020 virtual run FAQs**

**When will the virtual run take place?**

Participants can choose to run anytime between the 5th September and the 12th September.

They can run their chosen routes as many times as they like during that timeframe and submit their fastest time.

If you choose to participate via the Let’s Do This site, the parameters are set for a 5km run only, on the 12th September.

Registration is free and there is an option to add a donation.

Results must be uploaded on to the site on race day.

If you choose to participate independently, you can choose to run 5km, 10km or 21km anytime between 5th of September and the 12th September but screenshots of results will need to be submitted by email no later than midnight on 13th September.

**How do I get sponsored?**

There are 2 options:

Option1:

You can create your own fundraising page for TREEZ by going to [JustGiving.com/campaigns/run4reforestation2020](http://www.justgiving.com/campaigns/run4reforestation2020) and clicking on “fundraise”

From here, you create your own page with your own story and explain why you would like to fundraise for TREEZ. You then share your link with family and friends and ask them to help raise money for your cause and your personal challenge.

Once your challenge is completed, upload your photos to your page and email us a screenshot of your results to run4reforestation@gmail.com and transfer the money raised to TREEZ via JustGiving.

Option 2:

Download the sponsorship form and request that your friends and family sponsor you for running a particular distance.

Once your challenge is completed, email us a screenshot of your results, and another of your completed sponsorship form to run4reforestation@gmail.com and transfer the raised funds either to the TREEZ bank account, or via Airtel/Mpamba.

Note: You can fundraise and participate in the challenge as a team: the more the merrier, and the higher chance of success ☺

Please make sure you post your pics on Instagram and tag us at @run4reforestation.

Please also send us your pictures so that we can add the best ones to our site ☺