

RFTY Virtual 2.0 – FAQ's

BRIDGE BUILDERS YOUTH PRESENTS

Run for the Young VIRTUAL EVENT 2.0

5km. 10km. 21.1km. 42.2km. - any distance, anywhere!
2.5km event for the kids!



Register

On our website
www.runfortheyoung.com.au



Run

Sunday 29th November



Email

Email a photo of your run to
runfortheyoung@bridgebuilders.com.au



Medal

We will send your medal to
you in the mail

Supporting youth in need
[#RFTY2020virtual](https://www.instagram.com/RFTY2020virtual)





“The Charity Changing the Lives of Young People”

RFTY Virtual 2.0 FAQ's
Sunday, 29th November 2020
www.runfortheyoung.com.au

WELCOME...

Thank you for participating in the 7th Annual Run for the Young presented by Bridge Builders Youth Organisation, happening on Sunday 29th November 2020, which is now virtual!

The following guide has been split into 3 sections; pre-race, race day, and post-race to provide you with all the important information you need for the event.

PRE-RACE...

Event Details

Date: Sunday 29th November 2020

Venue: **VIRTUAL**

Entrants will be able to register to participate in all categories up to and including Saturday the 29th of November at 5pm.

Will I receive a race bib?

Yes, we will email you a race bib with a generic number on it, which you can print and wear while you complete your virtual run!

Can I swap between categories?

Yes, you can! When you register, we do ask which category you would like to participate in. If you change your mind or need to complete a shorter distance (due to injury as an example) you can simply complete that distance and your run data will be accepted as is. You do not need to contact us about change of category, simply upload the correct data that matches the category you wish to receive your medal for.

Is there merchandise available?

Yes, there is! There are multiple merchandise items available for purchase, from our wonderful RFTY t-shirts through to our newly added RFTY collapsible and reusable cups! Simply head to our website and orders your merch today!

It the event supporting a cause?

Yes, the Run for the Young is a charity fundraiser for Bridge Builders Youth Organisation, a charity supporting disengaged young people. 100% of the proceeds assist young people in need. Visit www.bridgebuilders.com.au for more info!



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RACE DAY...

Where do I complete my distance?

As this year is a virtual event, you can complete your distance in any location that you like!

How do I record my distance and time?

You can use any smart watch, device or phone app that calculates the distance and time you run/walk. Common watches or applications can include a Garmin, Sunnto, Coros, Strava, Fitbit, Apple

Is there a particular start time?

No, you can complete your distance anytime you like on Sunday 29th of November, 2020.

Do I have to complete my distances on Sunday the 29th?

Yes please! It does make everything much easier for our volunteers! Extra time will be given to those who are completing multiple distances – for obvious reasons!

Entrants with varying abilities

This event is completely inclusive, and we encourage all people with varying abilities to participate. Please keep in mind that entrants enter the run at their own risk.

Post- Race...

Where do I send my results?

Once you have completed your distance, please take a screenshot of your run data and email it to runfortheyoung@bridgebuilders.com.au

Results

Results will be posted on our social media pages (Facebook, Instagram) and will also be listed on our event website www.runfortheyoung.com.au

Event Partners

We would like to thank The Running Company Lilydale and Thrive Sports Medicine for their ongoing support of Run for the Young, we would not be able to do what we do without their continued contribution, and we just love having them involved!

Acknowledgements

Box Hill Institute

ALL OF OUR AMAZING VOLUNTEERS

All the participants who continue to support this wonderful community event!