1. **Virtual Run Terms And Conditions**

    I. Participants acknowledged that they will only receive a medal if they are registered by the cut-off date listed on The Organizer's website and medals are mailed to the address provided on registration.

    II. Participants declare that they are physically fit and capable of participating in this event and completing the distance they have nominated. They are not aware of any medical condition or impairment that will prevent participation in this event or will affect their health by participation.

    III. Participants acknowledge that this is a virtual run and that The Organizer will not track or verify results or provide volunteers, marshals or medical personnel assistance to any participants.

    IV. Participants consent to royalty-free use of their name, result, image, photographs, video and comments in any publications and marketing in relation to this event by The Organizer.

    V. Entry is only valid for the details listed on the entry form and is not transferable.

    VI. By agreeing to these terms and conditions, participants release The Organizer, from all claims connected with participation. Entrants indemnify The Organizer, sponsors, volunteers, and employees involved in this event directly or indirectly against all liability for any and all injury, loss or damage connected with the participants' participation.

    VII. Participants accept that participation in this event is at their own risk and they accept that participating in this event may involve real risk of injury.

    VIII. Participants acknowledge they will participate and complete their nominated distance in a manner chosen by them, at locations chosen by them and at their own risk.

    IX. Participants acknowledge that should they withdraw for a non-medical reason, the entry fee is non-refundable.

    X. Entrants acknowledge that the entry fee for the space in the race and not to 'purchase' the race medal. The medal is a reward for all completing entrants in the allocated time.

2. How To Run in Virtual Run

    I. Virtual runners to register with Larian Negaraku Facebook page or Go to Race X Asia Registration Portal page.

    II. The Organiser encourages all who intend to sign up for this Virtual Run category to complete their run on 31st August 2020 before registration closes.

III.   Runners are required to upload proof of their runs together with runner's details at Larian Negaraku google form link https://forms.gle/P7caevE1VBj5Gh3r6

IV.   Proof may be in the form of phone screenshots of your preferred running apps, image from your wearable devices or treadmill screen that clearly shows both distance or steps. Images uploaded must be in JPEG format

V.   Race Pack will be delivered to runners starting from 15th September 2020 onwards via courier, and only after we have received the email proof of race completion.

VI.   Delivery of Race pack will be made directly to register mailing address, within Peninsula Malaysia, Sabah and Sarawak only, as provided by runners at registration. Please provide accurate mailing address. Any additional cost incurred due to return of parcel from POS or failure to deliver will be borne by the runner.

VII.   No self-collection is allowed