RIDE RUN MARATHON

At the beginning of every year, we would set new year resolutions. Ride Run Marathon is to push us to make a lifestyle of STAYING FIT and HEALTHY for 2022!

We want to put the pandemic year behind us and jumpstarting every part of our lives. From our health to our finances and to our goals in lives.

Run this marathon to Ride Run towards your GOAL for the year 2022.

Around The World ANTARCTICA Virtual Challenge

Are you ready to travel around the world? You may RIDE or RUN around the Seven Continents to enjoy the most exciting journey. After the Asia, South America, Europe, North America, Africa & Australia Pit Stop, we arrive to ANTARCTICA now, our LAST pit stop!

Around The World Virtual Challenge current Last continent pit stop, 'ANTARCTICA'. Put on your running shoes and complete a 8km or 21km run. Otherwise, grab your bicycle and ride on the 50km or 100km challenge. Register now to experience the fitness trips and healthier body!

You will get the following entitlements delivery right at your doorsteps:
1. Finisher medal
2. Dry fit Tshirt/Jersey
3. E-certificate

Running Distance: **8km or 21km**
Riding/Cycling Distance : **50km or 100km**
Registration Deadline: **20th Aug 2022**
Running Period **NOW to 20th Sep 2022**
Results Submission ends by **20th Sep 2022**
Special Promo Price throughout the Period

You can run/ride anywhere at any time. The KM(distance) CAN BE Accumulated in multiple times or at one run.

You can definitely do this at home and with your love ones too.

STAY FIT & STAY SAFE

Frequently Asked Questions (FAQ)

Q: What do you get after completing the virtual challenge?
A: 3 items for all distance categories
1) Around The World ANTARTICA Virtual Challenge 2022 Metal Medal
2) Around The World ANTARTICA Virtual Challenge 2022 Dri-fit Finisher Tshirt/Jersey (Distance Printed)
3) Around The World ANTARTICA Virtual Challenge 2022 E-Certificate

Q: When and where do I run/ride?
A: The running/riding period is now to 20th Sep 2022. On the other words, you can run anywhere anytime time from now to 20th Sep 2022 and capture the proof of running and upload to the system

or send to us at RideRunMarathon@gmail.com (Subject – Around The World ANTARCTICA Virtual Challenge).

Q: When will I receive my finisher items?
A: In general, the finisher items will be sent out in batches starting on **20th Sep 2022.**

Q: Can I separate the run/ride distance into a few shorter distance runs?
A: Yes, You can track your distance by using the following methods:
1. Running outdoor with GPS (track by km)
2. Running indoor with treadmill (track by km)
3. Steps counters (1KM = 1,500 steps)
4. Riding/Cycling outdoor with GPS (track by km)
5. Riding/Cycling indoor with cycling machine (track by km)

The Virtual Challenge is flexible in that the runs/steps/ride CAN BE ACCUMULATED in multiples times.

Q: How can I contact the organiser?
A: You can either contact the Ride Run Marathon through email RideRunMarathon@gmail.com or WhatsApp us at +6014-333 7553

Terms and Conditions
Around The World ANTARCTICA Virtual Challenge is organised by the Ride Run Marathon and it is open to everyone who has a valid address in Malaysia and Singapore. For other locations, please contact us by email – RideRunMarathon@gmail.com or WhatsApp us at +6014-333 7553.

1) Participants can run/ride **ANYTIME** from their registration date until **20th Sep 2022** to complete the run. Where participants can split the distance to as many times as they wish, but if there are more than 10 pictures, they are required to combine some to the pictures to fit into 10 uploads.

2) Entries are non-transferable.

3) All T-shirts/Jersey measurement is subject to 1-2 cm tolerance.

4) Finisher's Tee size is strictly based on the size selected by the participant during registration, any request of size change will not be entertained.

5) All merchandises' colour, design and material may be different from illustration and are subjected to change without notice.

6) **Submission of results must be submitted any time before the 20th Sep 2022**. If participants are unable to submit the result before the dateline above, they will be considered as disqualified and will not be entitle for any of the rewards. As such there will be NO delivery of any medal or T-shirt.

7) Once participants registration is done, there will be NO refund even if participants are not able to participate due to whatever reason.

8) Participants must be certified fit to participate in this event. The organizer (Ride Run Marathon) shall not be liable for any accident, injuries or mishap that happened in the participation of the event.

9) All payments are to be collected in Ringgit Malaysia and it is based on the current conversion rate of the day. The conversion rate is subject to currency fluctuation.

10) Participants agree to provide accurate, true, current and complete information about the Participants. The Organizer may contact the Participants time by e-mail or text message. Any notice sent to the e-mail address registered with the Organizer shall consider as received by the Participants. If the Participants provide any information that is inaccurate, untrue, not current or incomplete, or the Organizer has rights to suspect that such information is inaccurate, untrue, not current or incomplete, the Organiser may suspend or terminate the Participants' registration and fees will not be refund.

11) If there is a returned of parcel during the delivery of the rewards due to whatever reason, we could arrange to resend the reward (upon request) but the delivery charges would be borned by participant.

12) Any address changes after registration will incur additional charges.

13) The Organiser reserves the right to use any photographs (including those of Participant), motion pictures, recordings, or any other media records of the Event, for any legitimate purpose including commercial advertising and distribution to the Organiser.

14) The organiser has the rights to amend the Terms & Conditions at any time at its sole discretion without any prior notice.