WORLD ENVIRONMENT DAY 2020

Virtual Run

ONLINE REGISTRATION

(For Walk-In Registration, limited to 1-2 representative(s) to submit on behalf)

MK FASHION
APPAREL & SOUVENIR

The Event.Co
Management

What Is A Virtual Run?

- Virtual Run works the same way as any other type of running but the difference is that it can be done <u>at any location</u>, at your <u>own pace</u> and at your <u>free time</u>!

- Activities include walking, jogging or running (be it outside or indoors on a treadmill) as well as hiking.

- All you need to do is download any GPS running application, track your activities, screenshot your activity results and submit to us. Activities can be done cumulatively in multiple sessions for the whole month of **July 2020**.

- Once you have completed the distance required as per registered category, you will be entitled for the finisher medal. Date of collection will be updated after the running period.

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Time for Nature

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Download & Track Your Activities Using GPS Running App

Complete Your Activity & Submit Result(s)

Race Pack Collection

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Registration Period
12th June 2020 to 30th June 2020

Categories
10KM 15KM 21KM

Registration Fee
$16.00 (Additional $2 .00 for Long Sleeves)

First **500** participants will get FREE reusable bottle

Running Period
1st July 2020-31st July 2020

Note: Last day of result submission is on the 31st July 2020 (11.59pm) in order to calculate and prepare the finisher pack

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What Can You Do?

You can achieve your distance by (but not limited to):

INDOOR ACTIVITY RUNNING ON YOUR TREADMILL

OUTDOOR ACTIVITY (WALK/JOG/RUN/HIKE)

Please adhere to the guidelines set by the Ministry of Health such as practicing social and physical distancing as well as avoiding group activities

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How To Register?

1 Fill in Online Registration Form

2 Select Desired Category

3 Select Shirt Type & Size

4 Checkout Your Order & Screenshot Your Order No

5 Submit Your Screenshot & Send to 7349629

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Result Submission

SCREENSHOT YOUR
ACTIVITY SUMMARY
FROM YOUR
GPS APP

RESULT MUST CLEARLY SHOW
DATE, DURATION & DISTANCE
IN KM

SUBMIT

SUBMIT YOUR RESULTS
TO 7349629 WITH YOUR
NAME AND ORDER NO AS
REGISTERED

Note: If you're running cumulatively, please compile all your results and send to us before deadline.

Deadline For Result Submission
31st July 2020, 11.59pm

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Size Chart (Adults)

SIZE	IN INCHES		
	CHEST	SHOULDER	BODY LENGTH
XXS	36	15	26
XS	38	16	27
S	40	17	28
M	42	17	29
L	44	18	30
XL	46	19	31
2XL	48	20	32
3XL	50	21	32
4XL	52	22	33
5XL	54	23	33

Size Chart (Kids)

SIZE	CHEST	SHOULDER	BODY LENGTH
IN INCHES			
26	26	11	20
28	28	13	21
30	30	14	22
32	32	15	23
34	34	16	24