A Guide to Participating in the Greater Bank Casino Virtual Fun Run

5:00am Sunday, 20th September – 11:59pm Sunday, 27th September

"The run's virtual. The fun's real!"

What is the Greater Bank Casino Virtual Fun Run?

The purpose of the Greater Bank Casino Virtual Fun Run is to keep the running community in the region connected and provide an alternate event for that community since the cancellation of the actual Fun Run.

The virtual run is open for all runners/walkers across New South Wales to enter, however those who live in the Northern Rivers region (defined as Tenterfield in the West, to Ballina in the East, to Kingscliff in the North, to Grafton in the South), will receive additional benefits, as the local regional participants of the Greater Bank Casino Virtual Fun Run.

The Greater Bank Casino Virtual Fun Run involves completing either a 10km, 5km, or 2km run/walk/wheel between 5:00am, Sunday 20th September, and 11:59pm, Sunday 27th September. After completing your run/walk, you simply need to submit your result with supporting evidence of your run/walk, and then wait for us to get in touch with you!

Note regarding participant conduct during RunNSW Virtual events

With any virtual run that is undertaken – whether in training for the event, or the actual virtual event - **all measures that have been stated by Commonwealth and NSW Government, including limiting all outdoor activities to a maximum of twenty (20) people, and social distancing (1.5 metres apart from others at all times), MUST be adhered to by any participant in the Greater Bank Casino Virtual Fun Run.**

UPDATE as of 19th August 2020

Dr Kerry Chant, Chief Medical Officer of NSW Health, recently gave the following public health guideline, among others, to the NSW sports industry:

"Cease activities that result in the mixing of participants and staff from different regions"

With this directive, participants will not allowed to be able to travel from their local region to participate in this event (i.e. from Armidale to Casino).

Any evidence of a participant not following the laws, rules, regulations and advice by the relevant government authorities will be disqualified from the RunNSW Virtual Series.

Minimum Age Requirements for Events

Please note that in accordance with the **minimum age recommendations provided by Athletics Australia**, we've adopted the following minimum age requirements for each event in the Greater Bank Casino Virtual Fun Run:

10km Virtual Event – 13 years as of 20th September, 2020
5km Virtual Event – 11 years as of 20th September, 2020
2km Virtual Event – 5 years as of 20th September 2020

How to register for the RunNSW Virtual Series

Jump onto the Greater Bank Casino Virtual Fun Run webpage via the RunNSW website and click "Register Now" button!

Visit the event page to register!

The Active Registration system is quite user-friendly when navigating to register for the event, however if you do have any issues, don't hesitate to contact us at runnsw@nswathletics.org.au, and we'll get back to you as soon as we can!
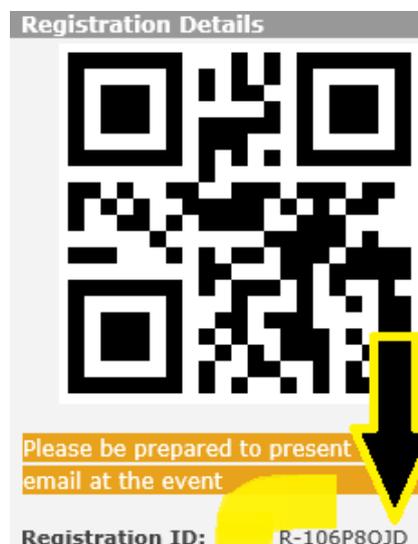
If you're having trouble registering someone under the age of 18 years old, please click here.

Once you're registered for the event, you'll receive a "Registration Confirmation" email in your inbox, with your "Registration ID" located under a QR Code on the top right of the email. **This ID number is critical as this will allow you to unlock the results page that allows you to enter your time for each run/walk.** So make sure you're able to access this email once you've completed your run/walk for that event!

I'm running the Greater Bank Virtual 5km or Casino RSM Virtual 10km but I need some help training – can you help?

Of course we can! We'll have 4-week beginner and intermediate training programs for both the 5km and 10km distances available on our event website from Monday, 24th August.
Happy training, and let us know any feedback you have about the programs – we always love to hear what you think!

Registration Details

Please be prepared to present email at the event

Registration ID: R-106P8QJD

I live in the Northern Rivers region and was wondering if there's any courses around my area I could run/walk – has RunNSW got any ideas?

Well, we're not quite as familiar with your backyard as you are, but we gave it our best shot!

You can view all fifteen (15) course maps (one for the 10km, one for the 5km, and one for the 2km) we've put together, for five (5) different locations in the Northern Rivers region – Casino, Lismore, Ballina, Byron Bay, and Grafton.

See the course maps here!

How to record your run/walk

It's totally up to you! If you have a Garmin/other smartwatch, you can use that. If you have a fitness tracking application on your phone, you can use that. If you have a manual watch, you can use that.

Basically, any way you usually track your running/walking, use that! We're not fussed with how you record it, as long as you can submit some sort of evidence of your run/walk in the results submission section, which we'll talk about now!

How to submit your result

Congratulations! You've finished your run/walk for the event you've registered for, and you're now ready to tell us how you went!

You'll need to navigate to the Active Results Website, which is available for the event here:

Greater Bank Casino Virtual Fun Run – Results Activation Link for all events
https://resultscui.active.com/events/2020GreaterBankCasinoVirtualFunRun

After clicking "Go", you'll be navigated to the results page, where you'll do two things:

1) Enter your time
   Please enter in the format of Hours (hh) : Minutes (mm) : Seconds
   E.g. If you took 25 minutes and 0 seconds, enter as 00 : 25 : 00, as pictured on the next page

2) Attach the evidence of your run/walk
Please attached a file that shows us the route you took (if completing one of the physical courses), how far you ran & the time you took to do it
Preferably, this is a screenshot of your run/walk via the Strava app or Strava website, but we're happy to have ANY GPS data that indicates where/how far/how long your ran/walked for.

Once you've successfully submitted your time and GPS file, you'll see the following window – and that's it – you're all done! We'll make sure that the details you provided check out and will be progressively publishing the results as the events continue!
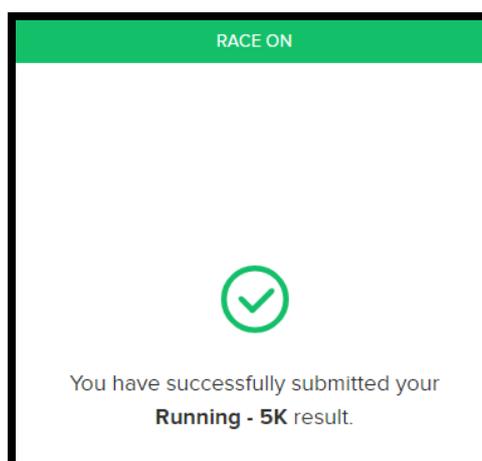
What happens after I've submitted my result & at the conclusion of the event?

Congratulations! You're all done you're end, and now it's our turn to do some work!
If you're from the Northern Rivers region, you'll receive a few things from us:

- A Greater Bank finishers' medal, physically sent to you in the mail to your nominated mailing address (if you've provided an address that you don't want us to mail your finishers' medal to, you can change your registration details after registering, or email us at runnsw@nswathletics.org.au)

- An email congratulating you on your awesome run/walk and supplying your official finisher's time on a digital certificate
    o *This will be available for all finishers, regardless of location*

- You go in the chance to win one (1) of six (6) $100 Greater Bank vouchers

- You go in the chance to win a Garmin vivoactive® 4S smartwatch, worth $579, when posting a "selfie" on your social media and using the hashtag #GreaterBankFunRun

- If you live outside the Northern Rivers region, you'll receive a digital finishers' medal after the event has concluded

We'll also send out a survey to you – which will only take a few minutes to complete – as your feedback will help shape future RunNSW Virtual events that we deliver, making them event better next time!

Thanks for reading through this document, and happy (safe) virtual running!

From the RunNSW and Greater Bank Teams,

Happy (Virtual) Running!