

Q. What is a virtual run?

A. Virtual run is a self motivated race that you can run or walk anywhere... anytime. You can run, walk, use the treadmill, run outside or participate in another race. You can run your race at your own pace anywhere in the world really, allowing lots of flexibility to complete your challenge.

Q. How does a virtual run works?

A. Sign up to the race you fancy and start your journey towards earning yourself an awesome medal for your participation. Our medals are bespoke, so it will stand out in your collection. Our virtual run has a set distance (12KM) that you can run all at once or break it up into multiple runs as long as you finish within the Event Timeline. After completing your run, send the proof of your run as per guidelines. As long as we can see that you have completed the distance and the time it takes you, we're happy

Q. When will I receive my finisher's entitlements?

A. Your finisher's entitlements will be shipped to you after the Event Timeline (17 January 2019 onwards). We expect you to receive your well-deserved package in the post within 3-5 working days after that (depending on your location).

Q. Who can participate?

A. Everybody and anybody! We encourage participants of all ability levels. No age limits, no restrictions on how you clock these virtual kilometres for as long as you live in MALAYSIA.

Q. Why should I do a virtual run?

A. A virtual run is a good self-motivated race that keep you on track with your health and fitness goals. In a virtual run, you are the master of your pace. So whether it's slow and steady or fast and ready, everyone's a winner! It also offers a fantastic way for new runners to stay focused and build up their miles and their confidence in a stress-free environment. Since it can be run anywhere, at any time, it is a fantastic option especially for people who have busy schedules and work irregular hours. And also a chance to add a really cool medal to your collection.

Q. Do I have to complete the distance all at one time?

A. No, you do not need to complete the distance all at one time. Feel free to break it up into several runs if you need to, based on your schedule. This is a virtual run, your way!

Q. Howdo I track my distance and time my run?

A. If you're running outdoors, the most accurate way to do this is by using a running GPS watch, but there are also several free smartphone apps available for iPhones and Android devices that can show your run distance and date. Examples include Strava, Nike +, Runkeeper, MapMyRun, Endomondo and Runtastic. If you're running indoors or on a treadmill, you can snapshot the run result from the display screen or switch your running app to treadmill mode while running on the treadmill.

Q. How do I submit my result?

A. All you need to do is to upload your results only after completing the distance to our email ***becomebetter66@gmail.com***. Examples include Garmin photos, app screenshots, fitbit stats, parkrun times, etc.

Q. How about media social?

A. We encourage participants to take a photo or short video during the run and post it to Facebook or Instagram with the tag #monsoonvirtualrun2018 #mvr2018 #activelifemy. Feel free to tag our account **activelife.my**

Q. Can I use the same result for different races?

A. Yes, you can.

Q. What do I do if I cannot participate once I have registered?

A. All registration are non-refundable and non-transferable. Once we receive and accept your entry, you will not receive a refund. If you cannot participate in the virtual run, you may not give or sell your participation to anyone else, and entry fees will not be transferred to any event.