



## Virtual Irish Runner Race Series 2021 FAQ

### What is a virtual Race?

A virtual race is a race that can be run or walked from any location you choose. Depending on the event it can be completed over a specified duration or on a specific day.

**Where can I enter one of all of the races in the Virtual Race Series?** You can find all the details and enter the link below: <https://www.athleticsireland.ie/runzone/raceseries>

### How much it is to register?

Entry is free, with the option to purchase a t-shirt, medal, and Bandana:  
<https://www.athleticsireland.ie/runzone/raceseries>

### Who can take part?

The Virtual Race Series events are open to anyone over the age of 18.

### What are the distance options?

Just like the physical events, they will be virtual 5k, 5 mile, and 10 mile races. More details can be found here:  
<https://www.athleticsireland.ie/runzone/raceseries>

### Where can I complete my Virtual Run?

You should plan your run/walk route before starting your event. The run/walk should only be completed on footpaths/pathways or also on pathways within public parks. Please follow government guidelines and exercise within the advised distance from your home.



### **Can I run with a buggy, dog, scooter etc.?**

No, it can be unsafe to run with a buggy, dog or scooter.

### **I have never competed any of these distances before?**

If your new to running, we have sample training programs available on the Athletics Ireland website.

- 5km to 10km Training Plan: <https://www.athleticsireland.ie/runzone/recreational-running-tips/5km-to-10km/>

### **When will my T-shirt/Medal arrive?**

If you purchased an additional item, these will arrive after the event, for more information you can contact RW sports at: [ronan@myrunresults.com](mailto:ronan@myrunresults.com)

### **How do I submit my time?**

To submit your time, you must login into you Eventmaster booking and select the submit race time option. There you will be able to input your time and provide a proof of that time also. The URL field is optional.

This video will show the steps involved in submitting a race time : <https://youtu.be/oLBsXcOLA00>

### **What proof of my result can I upload?**

You can upload a screen shot of your time with distance taken from your phone if you used an app such as Map My Run or Strava or this can be a picture of your GPS watch used to track your walk/run.

You can also provide a URL to link to you run/walk proof.

### **What apps should I use to track my run?**

There are several app available such as Strava, Map My Run, Nike Run, and Run Keeper.



### How do I take a screen shot of my result and upload?

To take a screenshot on an iphone : <https://support.apple.com/en-us/HT200289>

To take a screenshot on a phone with Android : <https://support.google.com/android/answer/9075928?hl=en>

### How many times can I submit a time/enter if I want to try improving my time?

You can submit your time just once.

### Where can I see the results?

Over the event week, there will be a live leader board available to view. Details of where to find this will be available on the event social media channels throughout the event week.

### Can I run for a charity?

Participants can choose to run/walk the event for a charity or other causes if they choose to. Websites such as <https://www.everydayhero.com/ie/> can be used.

### Can I run for my club?

Yes, if you are a member of an Athletics Ireland Club you can input your AAI member number to have your club included in your result.

You can wear your club vest during your race. Be sure to take a selfie and tag us online using the hashtag #BeYourGreatest

Share your run with us on our Facebook Page: <https://www.facebook.com/AthleticsIrelandRaceSeries>

### Athletics Ireland Social Media

Facebook <https://www.facebook.com/AthleticsIreland/>

Twitter <https://twitter.com/irishathletics>

Instagram <https://www.instagram.com/athleticsireland/>

