

## How does the Columbia Asia Hospitals Mysuru Run / Ride Powered by Cycle Agarbathi - Virtual Edition event gets Executed for participants residing outside India:

- Interested people willing to participate in the event have to register for the event by paying the registration fees at <u>www.raadiantsports.com</u>.
- Registered participants will receive Personalised E-Bibs in E-Mail before the event date. Participants receiving E-bib to take Print of the Bib preferably on 300 gsm paper or Non-Tearable paper and pin it on the chest / display in the front of the Cycle. Display of Bib is recommended during the Run / Ride so as to get the feel of participating in an event.
- On the planned event date (1<sup>st</sup> May & 2<sup>nd</sup> May, 2021) participants can Start and Finish the Run / Ride any time between 12 am – 11 pm Local Time. Kindly take all precautions and safety measures to complete the run / ride so as to enjoy the experience of participating in a Virtual run / ride event.
- The participants to carry their own water bottle, energy drink & snack for hydration during the run / ride. The participants have to take care of their own safety during the run / ride.
- Participants should preferably run / ride outdoor and plan the route of their choice. But if they are not able to run outdoor, they can choose to run or walk indoors if they are not able to venture out of their place of stay on the event day during the event allotted time. If riding has to be outdoors preferably.
- Post Running / Walking / Riding the distance chosen by the participants, they have to take a Photograph / Selfie with the Bib displayed on their chest and share it with Raadiant Sports either in E-Mail: <u>contact@raadiantsports.com</u> or Whatsapp to Mobile No: 9980744332 before 11.30 pm (local time)in respective countries on the day the run / ride was completed.

<u>Kindly Note</u>: Participants can record the time in GPS Watch, Any Timing / Running / Riding App (Strava, Google Fit etc) which they are comfortable and regularly use to record the timing of the run / ride. On completing the run / ride have to share the Screen Shot or timing Link where the Date, Distance, Start & Finish Time is displayed.

The post event Goodies like Event T-Shirt & Finisher Medal will be delivered to their preferred address of their family or friends in India. E-Participation Certificate will be sent in Mail within 1 -2 days post the completion of the run / ride.

## Common Advice for all participants:

- 1. Kindly maintain social distancing while running / riding and also practice personal hygiene for own safety and also of others around you.
- 2. To follow all the guidelines / orders of the Government / local authorities as may be in force on the date of the event at their respective cities and towns.
- 3. Participants registering for the event are doing so on their own will and consent. The participants are responsible for their own safety and of others during the run / ride and event organizers cannot be held responsible for the acts or errors or misadventures of the participants.
- 4. This Virtual Run / Ride is planned to facilitate and encourage people to promote fitness and lead a healthy lifestyle and also provide an event like experience and it is not an event for competition or race against other participants. So kindly enjoy the experience and have a good run / ride with family, friends, colleagues or alone so as to enjoy the fitness activity.

For more information about the event, **contact us at E-Mail**: <u>contact@raadiantsports.com</u> OR **Call No: 9980744332**. Also like our Page: <u>www.facebook.com/raadiantsports</u>