

Running Malaysia 'Back On Track ' Virtual Run – RULES & REGULATIONS

Rules & Regulations

1. Participants who opt for the **Running Malaysia 'Back On Track ' Virtual Run**, you will have to complete the challenge: 8th MAY 2020. (Friday) till 30th JUNE 2020 (Tuesday).
2. Participants must join the race and complete the 5 km or 10 km Run within the contest period. (it can be accumulate basis)
3. Participants must complete the run and your race data will be uploaded onto the system automatically after your run and press on the stop button (hold it for 3 seconds) in the MOVE-ON app. Or update manually to MOVE-ON app.
4. Participants are encouraged to post photos onto Instagram or Facebook accounts along with the following hashtags: #MOVEON and #MoveOnVirtualRun. Tag us in Instagram: MoveOnRun and Facebook: MoveOnRun to tell us about your virtual run experience.
5. Participation is free on MOVE-ON app.
6. Each participant completed the run will receive an e-cert.
7. Take a photo of yourself running at home and screen shot the result of your run, and submit via MOVE-ON app. We will share your running photo on Running Malaysia FB.