

## **Cycling Malaysia 'Back On Track ' Virtual Run – RULES & REGULATIONS**

### Rules & Regulations

1. Participants who opt for the **Cycling Malaysia 'Back On Track ' Virtual Run**, you will have to complete the challenge: 8<sup>th</sup> MAY 2020. ( Friday ) till 30<sup>th</sup> JUNE 2020 ( Tuesday ).
2. Participants must join the race and complete the 50 km, 100 km or 300 km Ride within the contest period. ( it can be accumulate basis )
3. Participants must complete the ride and your race data will be uploaded onto the system automatically after your ride 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 Cycling Malaysia FB.