

## LINACO VIRTUAL CHALLENGE – RULES & REGULATIONS

1. The LINACO VIRTUAL CHALLENGE is only open to Malaysian employees of Linaco Group of Companies. Entries who are not employees will not be eligible for the medal/prizes of the Linaco Group of Companies.
2. To determine if the participants are employees, their Full Name and Identity card number will be used as verification against employee records.
3. To be eligible for the medal, participants MUST COMPLETE the race distance of 62km within the contest period (12 August 2019 (Monday) until 16 September 2019 (Monday)).
4. To be eligible for the prizes, participants must agree to take up Challenge level 2 which is run more than 62km. (Only 3 winners recording individual highest distance at the end of the challenge will be entitled for the gift vouchers).
5. Activity should not be recorded on any motorized vehicles (motorized bicycles, e-scooters, cars, motorbikes, buses, lorries, etc). The Organiser reserves the rights to remove your activity should we find that it is suspicious at our discretion. This challenge is based on honour system, as the Organiser will do periodic checks on the submissions. Be true to yourself.
6. All Participant Data must be submitted within the contest period, latest by 12 AM (Midnight) 17 September 2019. No late submissions will be entertained.
7. Participants can accumulate the distance of 62km over several RUNS.
8. Participants must upload their challenge data either:
  - i. Automatically, on the MOVE ON app, through the WORKOUT section by selecting RUNNING and then start your RUN. At the end of the RUN, press and hold the PAUSE button for 3 seconds, and then press the STOP button. At the summary screen, SUBMIT.
  - ii. Manually, on the MOVE ON app, through the workout session, select SUBMIT MANUALLY, then take a picture of your exercise equipment display (For example, Treadmill), or a screenshot of your Exercise App (for example, Nike Run Club). You are also required to enter your DURATION and DISTANCE. After all entries are completed, select SUBMIT.
9. Participants are encouraged to post photos onto Instagram or Facebook accounts along with the following hashtags:  
#LinacoVirtualChallenge2019  
#LVCIInspiringBetterHealth  
  
Tag us on Instagram and Facebook to tell us about your virtual challenge experience.
10. Participants who are interested to join the Move On Kuala Lumpur ground run will have to complete the SPECIAL CHALLENGE LEVEL 1 (25km) to be entitled for a free entry to participating in Move On Kuala Lumpur on 15 September 2019 (Sunday). Otherwise, you will need to pay to participate for the run.