

# FANS RUN THE WORLD 2022

## SPECIAL EVENT

### Overview

Quidditch. Battle of the Fandoms. Road Trip. Race Across Time. If you're a Fanthropist, you know Racery. You are a fan 24/7/365...and you are probably a Racery addict 24/7/365. In 2021, we rocked New Zealand and saw all of the sites in Middle Earth...now we're headed to Scotland...Tartans! Castles! Cows!

<b>Registration Opens:</b>	December 4 <sup>th</sup> at Noon EST at <a href="https://racery.com/r/2022-fans-run-the-world/">https://racery.com/r/2022-fans-run-the-world/</a>
<b>Registration Fee:</b>	\$85 (includes Racery Fee AND an awesome 4" medal!)
<b>Event Starts:</b>	Friday, January 1 <sup>st</sup> at 12:00:01 AM EST* (see Rule #3)
<b>Event Finishes:</b>	Friday, December 31 <sup>st</sup> at 11:59:59 pm EST
<b>Distance:</b>	365 miles with never-ending loops!
<b>Location:</b>	Scotland! From Bannockburn to Edinburgh!

This is an individual competition for completing *intentional* miles on foot by walking, running, or using treadmills or elliptical machines. As you log your individual sessions on Racery (including a screenshot of your photographic proof), your personal avatar will move forward along the virtual course. The goal is to complete 365 miles (1 mile per day) in one year. If you do more than 365 miles, you'll return to the start and continue on a never-ending loop! Get as many miles as you can in 2022!

### Rules & Instructions

1. This competition is for motion ON FOOT. Treadmills and elliptical machines are allowed, but no dancing, workout videos, biking, skiing, rowing, swimming, stand-up bikes or other non-running/walking related activities. The ONE exception is for participants in wheelchairs. Arm-powered rolling is allowed. As previously stated, you MAY use a treadmill or elliptical machine to complete your miles, but you **cannot** use the treadmill/elliptical readout as proof as machine calibrations vary wildly. You must use a watch/Garmin, phone or other fitness tracker.
2. The race officially "starts" on Friday, January 1<sup>st</sup> at 12:00:01 AM EST and you will not be able to upload any miles on the Racery platform until that time.
3. To be fair to everyone around the world, members may begin completing deliberate walks/runs at 12:00:01 AM on January 1<sup>st</sup>, 2022 in their time zone. #ChampagneMiles
4. **DOUBLE-DIPPING:** This event is separate from all other Racery events, but you CAN count your daily miles twice if you are doing another Racery event (Quidditch, RAT, Road Trip, BOTF). Just log into one event and upload your miles...then log into the other event and upload the same miles!



PHRC GREAT HALL -- WRC TARDIS -- CRC LUKE'S DINER -- FRC FAN DOMAIN



12/4/2021

5. While you may have the app running to raise funds for charities, Team Members **MAY NOT use the Charity Miles app as the source data for miles.** It simply isn't reliable enough. You are welcome to use it in addition to another tracker, but it may not be the primary one.
6. Runs/walks must be INTENTIONAL miles...i.e. Miles earned by a **deliberate** run or walk. You may not simply log what your Fitbit says at the end of the day or turn on an app at work. You must lace up your shoes and run/walk. Miles are logged in deliberate sessions daily and this is not a "hack the app" situation.
  - a. CHOICE is the key. You must choose to walk/run. You have to say to yourself "for the next X number of minutes, I'm going to do nothing else but walk/run/pace for Racery." You cannot count steps from your car into work or into a grocery store (unless you park .5 miles away) as those are incidental to doing something else, but if you want to make laps around your backyard or pace up and down the hallway in your home, go for it!
  - b. Some examples of NON-INTENTIONAL miles that are not allowed:
    - i. Walking around as part of your normal work day/job. No walking desks.
    - ii. Walking from your car into a building (likely less than .5 miles)
    - iii. Walking around festivals, concerts, theme parks, etc.
    - iv. Running/walking during a sports (soccer, rugby, etc) game/practice.
7. **BACKDATING/MILE CARRYOVER: You must upload your miles the same day they are earned.** This means uploading to Racery between 12:00:01 AM and 11:59:59 PM in your time zone. If you want to count a late-night run, stop before midnight, upload the miles and start your next day run after midnight to count.
  - a. Life can get busy. This year, we're allowing a 7-day grace period for uploading your miles. You still have to include your DDD (see Rule #11), but if you forgot to upload your mileage from 3 days ago, go ahead and upload them backdating them to the correct day!
  - b. If you join Fans Run the World after January 1<sup>st</sup>, you can backdate all the way back to January 1<sup>st</sup> as long as you have the DDD proof. Joining in April? No problem! You can go all the way back! Once you join, the 7-day grace period applies for new sessions.
  - c. EXCEPTION: If you are training for a marathon or ultra-marathon, you can carryover excess mileage beyond the daily 15-mile cap (see Rule #10) to the next day; not to exceed 105 total miles in a consecutive 7-day period. You must get prior approval and direction from the RTI Staff before this exception will be allowed.
    - i. Example: You complete an 18-mile training run on Tuesday and input 15 miles on Tuesday using the 18-mile session PPP. The next day input the excess 3 miles using the PPP from the 18-mile session and use #carryover when uploading.
8. **END TIME:** You must cease logging miles and upload to Racery no later than **11:59:59 PM Eastern Time on December 31<sup>st</sup>, 2022** and NOT in your time zone. This is the end of the competition as the **NEXT** Fans Run the World event will start two seconds later at 12:00:01 on Jan 1<sup>st</sup>, 2023.



9. **MINIMUM DISTANCE:** 0.5 miles is the minimum distance for each intentional run/walk. Why? Because it's difficult to have a truly intentional walk/run that is less than half a mile. This will also eliminate the walks to and from cars, which are unlikely to be deliberate (see above).
10. **MAXIMUM DISTANCE:** To ensure the safety of everyone participating, you are limited to 15 miles per day (the 24-hour period from 12:00:01 AM to 11:59:59 PM **in your time zone**). This is known as "capping." No mileage beyond this limit will be allowed. You cannot hold excess miles and apply them to the next day or back-date them to a previous day. Note: If you complete 15.1 miles or have a couple of runs that day which add up to more than 15 miles, you CAN use those images in your proof post, but you can only enter 15 miles into Racery for that day.
- a. **ONE POSSIBLE EXCEPTION:** If you are completing a LIVE event such as a marathon or other organized event (one where you have a bib and are officially timed for the event) that is longer than 15 miles, you CAN count ALL of those miles run/walked for that event. Just post a proof-of-time picture from the event when you upload your miles.
  - b. **NOTE ON "CAPPING":** If you plan on reaching the 15-mile cap on a given day, only enter your mileage using tenths, not hundredths (3.7 vs. 3.72) to avoid Racery rounding errors.
11. **PERSONAL PROOF POSTS.** Unlike our other Racery events, there are no teams and no team rooms. Hence, you will need to attach your photographic "proof" of completion with your Racery upload using a screenshot of your running/walking tracking app (Garmin, Nike+, MyFitnessPal, etc.) from each completed session.
- a. **The THREE D's.** Your photographic evidence/screenshots from each of your run/walk sessions need to match the mileage you input into Racery (rounding down hundredths is fine). Your proof photos must have **THREE** things:
    - i. **DATE** – We need to know the date matches the Racery input.
    - ii. **DURATION** – We need to see how long it took you to complete your session.
    - iii. **DISTANCE** – Obviously, we need to know how far you went and that it matches.
12. NO cheating and NO unfounded accusations of cheating! In the spirit of this event, we will NOT tolerate cheating or unfounded public accusations of cheating. If you believe someone to be cheating, **privately** bring it to the attention of an RTI admin in any of our closed groups on Facebook and they will bring to the attention of the RTI staff who will address the issue.
13. 2022 Course Locations include: Bannockburn, Sterling Castle, Doune Castle (Castle Leoch from Outlander AND Castle of Guy de Lombard from Monty Python), Glen Nevis, Loch Lochy, Loch Ness, Kinchyle, Inverness, Culloden, Ardverikie Estate (Balmoral Castle from the Crown), Rosslyn Chapel (Da Vinci Code), Elephant House, the Royal Mile, the Witches Well, and Edinburgh Castle.

**Good Luck!**

