BACKYARD
MILE CHALLENGE
2020

Challenge starts*
Saturday, 6th June
5 am (IST)

NOT YOUR EVERYDAY EASY-PEASY CHALLENGE

RUN A MILE EVERY HOUR FOR AS LONG AS POSSIBLE

Partners

GARMIN. | **FAST&UP**

*This is a global challenge. Check your country timings on the event page.

Register Now: HDOR.COM

Welcome to Backyard Mile Challenge

- We are as excited (and probably as nervous) as all of you ☺

- For any questions, use the chat window to type your questions during the session.

- Wait for the question related topic to be covered first since then you may not need to ask that question

- We will have Q&A at the end of the session to answer any outstanding questions

Partners & Awards

- Top 10 participants (men & women) to receive **1 Jar of BCAA** (MRP INR 2990/Jar) (shipping tentatively only within India, global shipping under consideration)

https://www.fastandup.in/

Partners & Awards

GARMIN.

- Top 10 participants (men & women) to receive **T-shirt, Wrist-band, Sipper & Bandanna** (shipping tentatively only within India, global shipping under consideration)

https://www.garmin.co.in/

More Awards!

Top 10 finishers (men & women) will receive a **FREE entry** to their event of choice on HDOR.com, applicable for any event during the 2020-2021 timeframe.

Event Rules

Slides will be posted on event page post this live session

Hourly run start time

- All participants to start their runs within 10 minutes of a particular hour.

- Example: **India** participants start hour #1 run between 05:00:00 hours and 05:09:59 hours on Saturday, June 6th

- Example: **Dominican Republic** participants start hour #1 run between 19:30:00 hours and 19:39:59 hours on Friday, June 5th

Hourly run end time

- Participants must finish their 1 mile distance before the end of the current hour.

- Example: **India** participants must finish hour #1 run between before 06:00:00 hours on Saturday, June 6th

- Example: **Dominican Republic** participants must finish hour #1 run before 20:30:00 hours on Friday, June 5th

Run 1 Mile = 1.6 Km every hour

- Participants to run a minimum of 1 mile or 1.6 km every hour.

- Each run to be a ***single activity*** (and not multiple recorded runs).

- Less (even by 0.1 km or 0.1 mile) means your challenge is over. More is no problem (needed for Diamond finish).

Apps to use to record data

- Your submitted run details must be available on a publicly visible running platform.

- Strava (preferred), Garmin Connect, Endomondo, Runkeeper, MapMyRun, etc. as a **public** GPS activity link.

- DO NOT use NRC, Runtastic, etc. (apps with no public links).

Running indoors

- Indoor runs are allowed for the event, but with conditions.

- Must be done using a sports watch (like Garmin or TomTom watch, etc., **_test now!_**) with a built-in accelerometer to record distance.

Running without data proof

- If you cannot run outdoors with valid GPS data, and cannot use sports watch with indoor distance tracking, you will be recognized as a finisher but with no rank or top-10 rewards*

- In above case, you may submit your run data manually without data proof (trust based)

- Consider this as a **personal challenge** and not a competition!

Running indoors under night-curfew

- Indian Govt has announced night-curfew for 9 pm to 5 am. Indian participants must respect that directive.

- Submit data manually if you cannot run using GPS within your apartment premises/rooftop, or indoor run with distance tracking.

- **3 selfie photos** with any watch **clearly showing date & time** to be clicked and submitted for each run (start, middle, end of run)

Data submission every hour

- Run details for every hour must be submitted on **hdor.com** (or **mobile app**) before starting next hour run.

- Strava imports are enabled, but if it doesn't happen within the hour due to any issues, ensure manual submission with link.

- Make a **habit** of checking your previous hour record on hdor.com (or mobile app) before starting next hour run.

- Submitting data together for multiple hours is not acceptable

Zoom online attendance

- All participants to use **Zoom** app as an additional proof

- Make sure your FITID is part of your Zoom profile Lastname (example "Singh 12345"). You will not be admitted to Zoom meeting otherwise.

- Ensure you have latest Zoom app (version 5.0 or later)

Zoom online attendance

- Join Zoom meeting every hour **within first 10 minutes** before you leave for run (earlier the better, or you risk getting late for your run, and hence being disqualified)

- Turn video on while joining (sound off)

- Meeting host will see & announce your name, you can then leave for run

Zoom online attendance

- New Zoom meeting link will be shared over email for every 24 hours

- First 24 hours – one link. Can be used for rejoining every hour during the first 10 mins window for the hour.

- Next 24 hours – next link

- And so on while event goes on

When does the event end

- Event format is open ended, it will continue till only one runner remains in the event

- As soon as only one participant is left who has done one more hour than the next remaining participant(s), the event will be declared as finished

Finisher categories

- **Diamond** – Marathon distance covered in first 24 hours (26.2 miles, 42.2 km). Extra distance of 2.2 miles / 3.56 km needs to be run over 24 hours to meet this target.

- **Gold** – Run a mile for 24 hours (24 miles)

- **Silver** – Run a mile for 12 hours (12 miles)

- **Bronze** – Run a mile for 6 hours (6 miles)

Your safety during the challenge

- This is a tough challenge, make sure you are ready mentally and physically before attempting

- Ensure social distancing as per norms

- Ensure you follow all applicable rules and advisories from authorities

- Setup support system with your family (alarms, food, sleep pattern)

- Have someone who stays in touch with you every hour

Be ready to stop when the time comes!

BMC Cheat Sheet

- Set alarm for 5 mins before every hour

- Wake up / get up and get ready for run

- Join Zoom session (save meeting link somewhere on phone/laptop) at start of hour (make sure video on)

- Hear session host call my name (attendance marked)

- Exit Zoom session

- Go for the run, make sure to finish before the end of hour (keep 10 mins margin)

- Submit data with GPS/Indoor link proof before end of hour (or verify in case of Strava import), or submit data with photos in case of night-curfew 9 pm – 5 am.

What happens if?

- I am unable to login to Zoom within first 10 mins of the hour due to network issues

  - Immediately, drop an email to support@hdor.com, and

  - Drop a voice/text message with screenshots to HDOR WhatsApp support number https://wa.me/917827277613 explaining the situation

- I am unable to submit data on hdor.com or app due to some issue before end of hour

  - Same action as above, also share screenshot of error

Organizer decisions

- Accept organizers decisions gracefully. Some exceptions may be given when organizers feel participant had a genuine issue.

- No widespread rule overrides will be allowed, if there is a problem you are facing repeatedly which makes you unable to follow event rules, sorry, but that will be the end of your event.

- Rule overrides will only be allowed in exceptional situations, and organizers decision will be final and binding

BMC practice session

- A test session a day before the actual event day (at exact same start time, example Friday, June 5th, 5 am India time)

- Will help you get familiar with the process and flow

- We will do two sessions, first hour and second hour (so 5 am and 6 am IST)

- Ensure BMC registration completion before dummy session

- If using Strava, ensure Strava account connected to HDOR account and privacy options set to *Everyone*

- Ensure Zoom app (version 5.0) install and edit profile lastname with FITID before practice session

Q&A

Ask now, or regret later!

All The Best!

May the force be with you