



## Nedbank Runified Series

### About the Nedbank Runified series

We are in the midst of a global pandemic that has had a far-reaching and deeply personal impact on South Africans and people from all over the world. We have been feeling the effect of the nationwide lockdown in all aspects of our lives and we've had to adjust our lifestyles accordingly – but that doesn't mean that we have to give up on our passions. That's why Nedbank created the #NedbankRunified Series – a unique platform designed to counter the effect of the current situation while offering an opportunity to be unified through our shared love for running.

This virtual series, in partnership with Strava, will challenge and reward runners across South Africa, Lesotho, Zimbabwe, Namibia, Mozambique and eSwatini for completing monthly running challenges between July and October 2020.

Nedbank Running Club members who successfully complete these challenges will stand a chance to win exclusive Nedbank Running Club hampers, courtesy of our devoted sponsors: Futurelife, Nike, Bavaria and Biogen. There are also cash prizes up for grabs for Nedbank Running Club members who finish in the top 10 of their respective categories.

In addition to the cash prizes, runners automatically stand a chance to win their share of R50 000 in Greenbacks. The overall series winner will also walk away with an all-expenses-paid trip for two people to compete in an international marathon.

We know that times are tough, and we value our members – that's why we want to help you reach your goals while keeping you close to what you love. That is why it's **#MoreThanAClub**.

**So, step into a new fitness world that is both convenient and offers a much-needed escape by joining the Nedbank Running Club on Strava at: <https://www.strava.com/clubs/NedbankRunningClub>**



**NEDBANK RUNNING CLUB** | ADMINISTRATIVE OFFICE

Office: (012) 541 0577 Fax: (012) 541 3752 [www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

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**If you're not a registered Strava user, you can join following these easy steps:**

- 1 Download Strava from your app store.
- 2 Create your account.
- 3 Search for and join the verified Nedbank Running Club national page.

**Stay on top of all announcements, news and events relating to the #NedbankRunified series by following the Nedbank Running Club and Nedbank Sports pages on social media.**

### **Nedbank Running Club internal competition**

To award our Nedbank Running Club athletes each Runified Challenge will consist of a special virtual race open only to Nedbank Running Club members across South Africa, Zimbabwe, Mozambique, Lesotho, eSwatini and Namibia.

**This is a competitive interclub race whereby the winners will be validated using the Strava platform as a means of tracking the race.**

The Nedbank Internal Race will consist of four challenges of varying distances that will be validated using the Strava platform. There is R 40 000 prize money up for grabs to be split across the top 10 finishers in each category each month. Each month the distance will change, starting from 10 km and building up to a 42,2k m race by the final challenge in October.

Entering is easy. Simply follow the steps below for the first challenge starting on 11 July 2020 and continue this entry process for the races to follow in the upcoming months.

### **Nedbank Runified internal race dates and distances**

**10 km internal race:** 11 July 2020

**21,1 km internal race:** 8 August 2020

**32 km internal race:** 12 September 2020

**42,2 km internal race:** 10 October 2020

\*Each race route has to include a minimum elevation gain.



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## How to enter challenge 1: Nedbank Runified 10 km internal race

- 1 To enter the internal race, join the **Nedbank Runified 5 km Challenge** on Strava between **4 and 10 July 2020**.
- 2 You must then complete your **fastest possible 10 km** on **11 July 2020**.
- 3 Record your run using a **smartphone** (Android or iPhone device) or **smart watch** (Garmin, TomTom, Suunto, Fitbit, Polar etc).
- 4 After completing your 10 km run on 11 July, upload your run to Strava before **24 July 2020**.

## Race rules

- Your chosen route must include a minimum incline of **50m** from point A to point A.
- Multiple loops from point A to point A is permitted.
- You must complete the race route outside on the road.
- No treadmill or track times will be accepted.
- You must wear the appropriate Nedbank Running Club attire (tracksuit, vest or warm-up top)
- You must upload your entry from a smartphone or watch device installed with a GPS to track your race data. No manual uploads to Strava will be accepted.
- Include and upload a photo of yourself upon completion of the challenge in the Strava activity.
- You will get a link to the official challenge terms and conditions when you join the challenge.

The top 10 runners in each category will be awarded prize money.

**Winners' times will be validated and the top 10 per category will be confirmed by the Nedbank Running Club. The club reserves the right to disqualify runners if their entry falls short of meeting any of the outlined requirements.**



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