



RUN ANYWHERE

RACE

GUIDELINE

*“Run Virtually
from ANYWHERE”*



DATE

From **28 November - 29 November 2020.**

Complete your run between the time span of
00:01 a.m. (WIB / GMT+7) on Saturday, November 28
2020 and 11:59 p.m. (WIB / GMT+7) on Sunday,
November 29 2020



THE CHALLENGE

- ▶ Get outside (pay attention to the necessary social distancing and health protocol measures), hop on a treadmill, or set up a run course in your living room/backyard or in anywhere you want as long as it is safe.
- ▶ Run your 10K, 21K, and 42K (you may walk briskly or light jog works as well) – make sure you have your **#MMA2020** account set up and training tracking device connected and fully charged
- ▶ Tell everyone on your achievement using the hashtag the **#MMA2020!**

<https://www.maybank.co.id/maybank-marathon/mma>



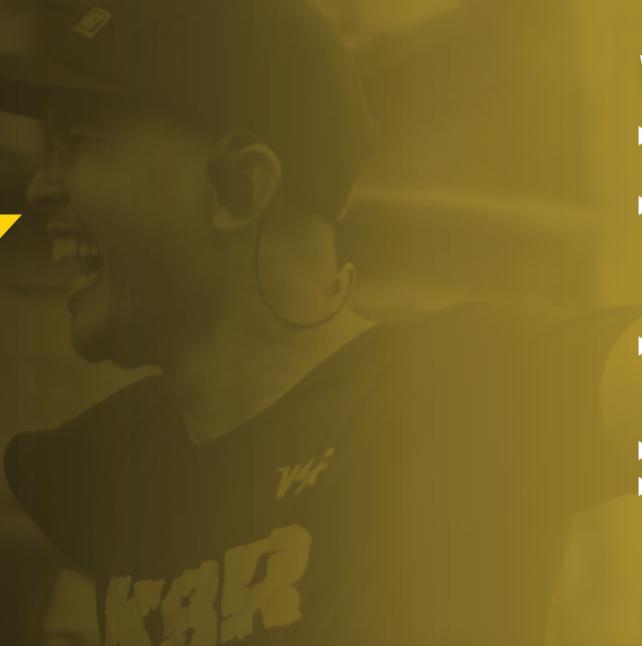
10K



VIRTUAL RACE RULES

- ▶ Record 10K run challenge anytime you start during Virtual Run Challenge period and must be completed in one straight session of Virtual Run period.
- ▶ You must complete the run according to the specified distance of 10Km.
- ▶ The Maximum distance accepted for the 10Km is 11Km.
- ▶ If you go over the maximum distance accepted, your run will not be accounted.
- ▶ You must complete the run in one session. (Not accumulated distance)

21K



VIRTUAL RACE RULES

- ▶ Record your 21K run challenge anytime you start in 2 (two) sessions over the Virtual Run Challenge period
- ▶ You must complete the run according to the specified distance of 21K in two sessions:
 - 1st Session distance 11Km, and
 - 2nd Session distance 10Km.
- ▶ Maximum distance accepted:
 - The maximum distance accepted for 1st session the 11Km is 13K
 - The maximum distance accepted for 2nd session the 10Km is 11Km
- ▶ If you go over the maximum distance accepted, your run will not be accounted.
- ▶ You are allowed to complete your run in two sessions, If you go over the maximum distance accepted run beyond every 11Km and 10Km will not be counted.

42K



VIRTUAL RACE RULES

- ▶ Record your 42K run challenge anytime you start in 4 (four) sessions over the Virtual Run Challenge period
- ▶ You must complete the run according to the specified distance of 42K in 4 (four) sessions:
 - 1st session distance 12Km,
 - 2nd session distance 10Km,
 - 3rd session distance 10Km and
 - 4th session distance 10Km.
- ▶ Maximum distance accepted:
 - The maximum distance accepted for 1st session the 12Km is 14Km
 - The maximum distance accepted for 2nd session the 10Km is 11Km
 - The maximum distance accepted for 3rd session the 10Km is 11Km
 - The maximum distance accepted for 4th session the 10Km is 11Km
- ▶ If you go over the maximum distance accepted, your run will not be accounted.
- ▶ You must complete your run in 4 sessions; any Any extra distance run beyond every session will not be counted.

VIRTUAL RACE CONDITIONS

10K 21K 42K



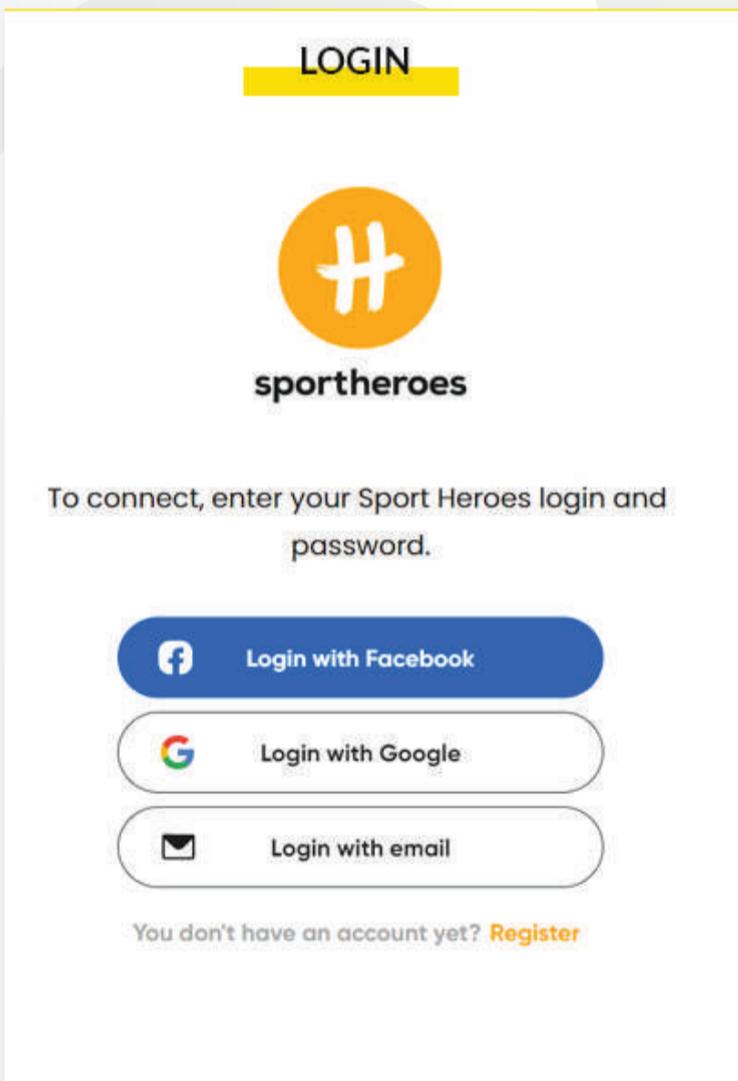
- ▶ You must register and make sure your tracking device has been fully connected before your start running your selected distance. This is to ensure that your run activity is counted.
- ▶ To Start new session, you must start your tracking device.
- ▶ To Stop each session, you must stop (not pause) your tracking device.
- ▶ Save the run challenge activity after you complete the session to make sure it appears in the classification accurately.
- ▶ All Virtual Run Challenges (10K, 21K and 42K) must be performed and completed within the timeframe from 00:01 AM (GMT+7) on Saturday, November 28 until 11:59 PM (GMT+7) on Sunday, November 29
- ▶ By participating in this event, you acknowledge that you have read, understood and agreed to the terms & conditions.

Connect Your Tracking Application

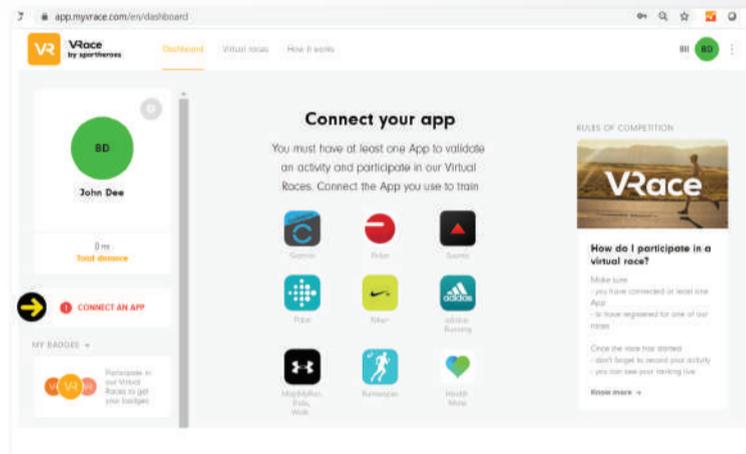
1 ▶ If you have left your Challenge page you can back to “LOGIN” on MMA Website



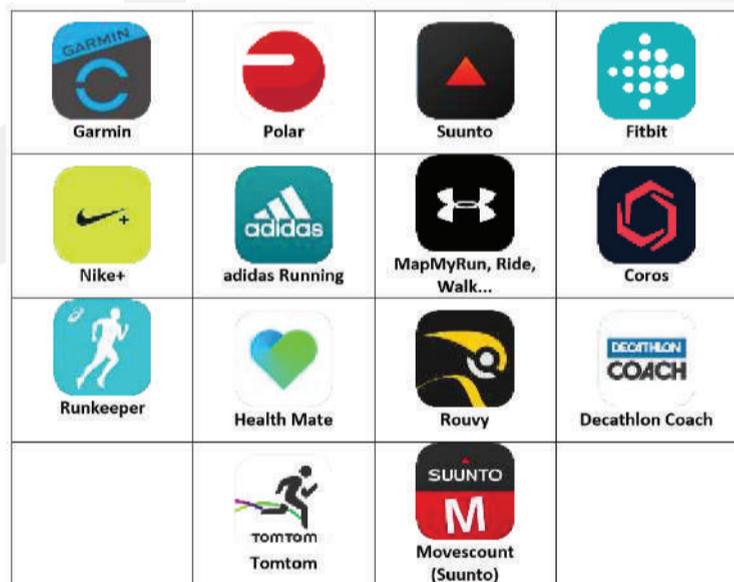
2 ▶ Login with your registered account



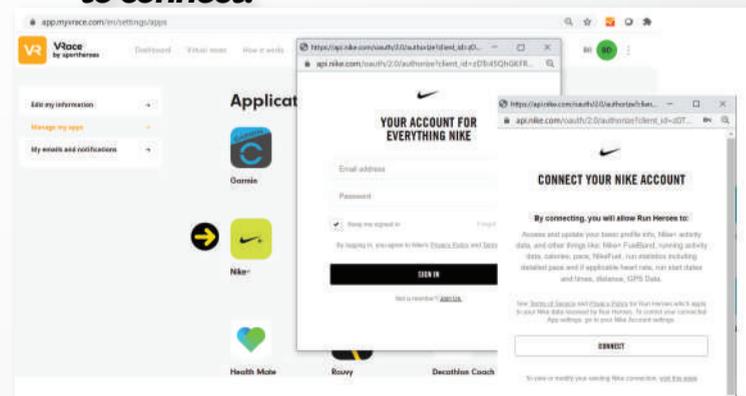
3 ▶ On “Dashboard” you can connect your tracking App by click one of app option you want to connect or go to “CONNECT AN APP”



▶ Applications:



4 ▶ Click on an App and follow the process example: Click on Nike+ and follow the steps to connect.



Installing Nike Run

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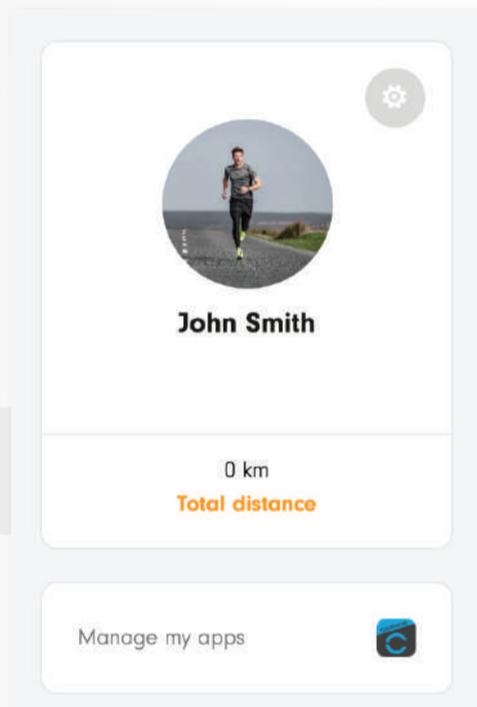
Running with Nike Run

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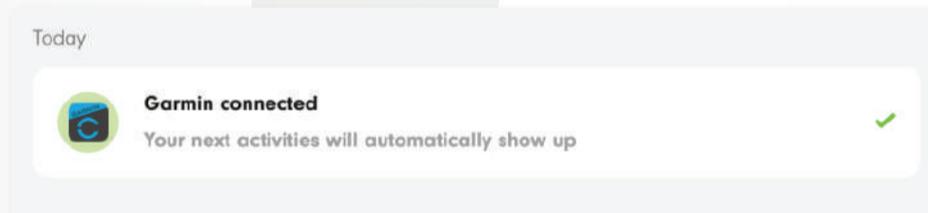
! Things You Need to Know Before Participating in MMA

! Tracking Application Compatible applications with the platform

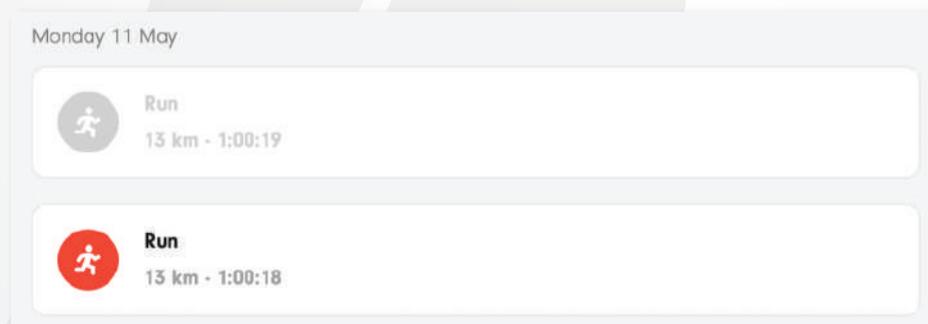
- ▶ Make sure you have connected a tracking App to record your activities. You can check it easily on the left part of the dashboard, section “Manage my apps” below your profile.



- ▶ An event is also visible in the activity feed to confirm the connection to your tracking app:



- ▶ We strongly advise that you only connect the minimum number of tracking Apps necessary.
- ▶ If you have several tracking Apps connected to your account, activities may be sent twice. One of them will be detected as invalid and will appear in grey.



- ▶ When you connect a new tracking App, only new activities will be synchronized on our platform. We do not recover your previous activities from your app.



Completing a race

- ▶ An activity may take a few minutes (at most 24 hours) to show on your dashboard.
- ▶ Once your activity has been uploaded to the platform, you may check your chrono and provisional ranking in the MMA race page.
- ▶ When the race is over, the ranking may keep evolving as users will upload their activities later.
- ▶ Confirmation of race completion will be sent via email. At this time your digital badge should be on display in your profile and your progress bar on the race page should display 100%.

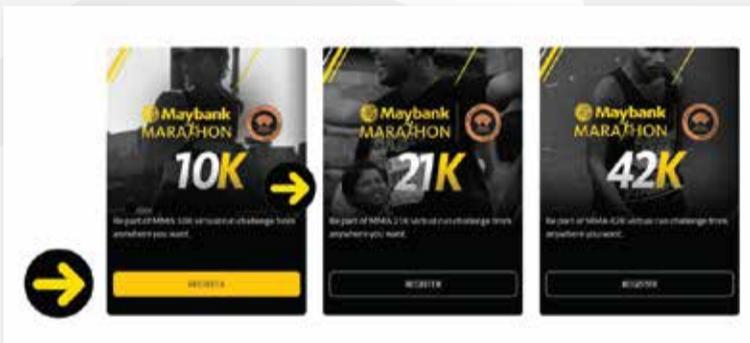


Please follow below step if you are not registered runner

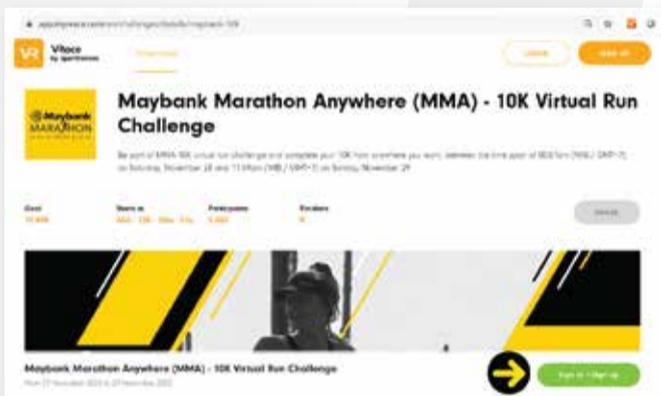
1 ▶ Click **“REGISTER”** on MMA Website



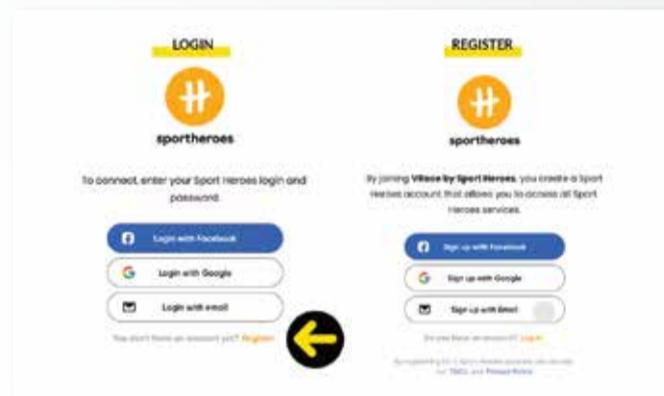
2 ▶ **“REGISTER”** On category you want to join



3 ▶ Read the detail challenge and click **“Sign in / Sign up”**



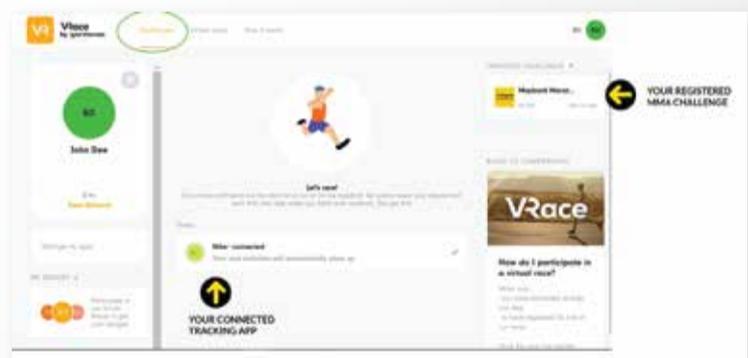
4 ▶ **“Login”** or **“Register”**, you can use an e-mail address, your google account or a facebook account.



5 ▶ On the virtual race page, it will show you as **“registered”**



6 ▶ Click **“Dashboard”** and make sure your Challenge and Tracking App all set



By participating in this event, you acknowledge that you have read, understand and agree to the terms and conditions (www.maybank.co.id/en//maybank-marathon/tnc)