MT. EVEREST CHALLENGE
Race Instructions

TABLE OF CONTENTS

Welcome to the Mt. Everest Challenge!

GENERAL INFO

WHAT & WHERE:

This is the ultimate virtual elevation gain challenge! You'll track your elevation gain during your running, walking, hiking, biking or gym workouts using whatever app or device you prefer. You'll log that elevation gain to the RunSignUp Leaderboard to see how you stack up against the other challengers in your division!

WHEN:

The Challenge begins Thursday, August 1, 2024 and finishes Sunday, December 1, 2024.

SHIPPING: The Finisher's Medals packages will be shipped in late Sept 2024. As we get closer, we'll have an exact shipping date.

SUPPORT:

- RunSignUp - info@runsignup.com
- Run Life, LLC - info@runlifellc.com
- Emergencies: Text 760-585-6631
- Event Webpage: https://www.runlifellc.com/everestchallenge

TRACKING ELEVATION

You can start tracking and logging elevation gain on Thursday, Aug 1st @ 12:00am PST

Your Registration Profile and the Official Leaderboard is hosted with RunSignUp

Your Registration Profile contains all of your registration information, digital Bib Number, Finisher's Certificate, shipping info, all activities, etc. Your Registration Profile was automatically created when you registered for the event with your email.

To access your RunSignUp Registration Profile, go to www.RunSignUp.com and click on the upper right hand corner icon to Sign In & Access your Profile.

Recommended tracking apps/devices for tracking your elevation gain are **(but use anything you'd like)**:

- Strava App
- Garmin Watch
- Apple Watch

**Most cardio machines such as the treadmill and stair climber will track your elevation gain for you.

PERMITTED ACTIVITIES

- Running (outdoor or indoor)
- Walking (outdoor or indoor)
- Biking (indoor or outdoor)
- Hiking
- Rock Climbing/Rock Gym
- Elliptical/Stair Climber
- Any cardio machine that tracks elevation gain

YOUR VIRTUAL ROUTE

There are 2 routes up to the summit and you'll embark on the SOUTH ROUTE FROM NEPAL!

Starting in Kathmandu, you'll virtually make your way up to the city of Lukla (the Everest Gateway) then continue the trek up to the summit. Along the way, you'll hit virtual waypoints and in-depth info and history about each stop. You'll learn about "Green Boots" and the "Death Zone" along with the other famous heroic and tragedy stories, facts, pictures, videos, etc.

As you log your elevation gain, you'll receive progress updates to your location on the mountain and all the waypoints to the summit. These waypoints include, the Sherpa Villages, Icefalls, basecamps, Hillary Step, the death zone and more.

YOUR SOUTH ROUTE MAP
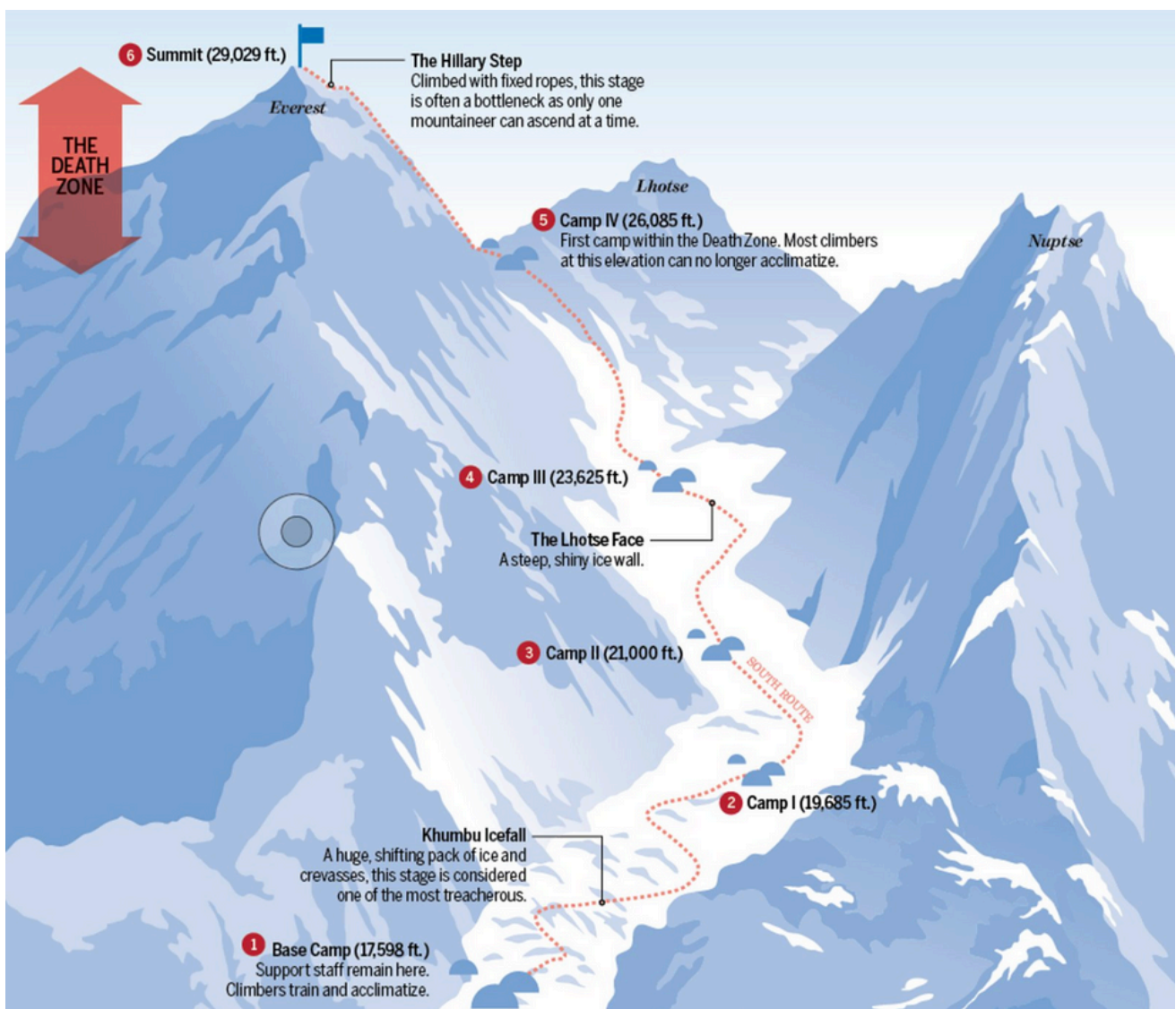
HOW TO LOG ELEVATION GAIN

Logging your activities to the official RunSignUp leaderboard is fast and efficient and results appear on the leaderboard within 1-2 minutes.

We strongly encourage logging your activities at least once a week to keep the leaderboard as current and up-to-date as possible!
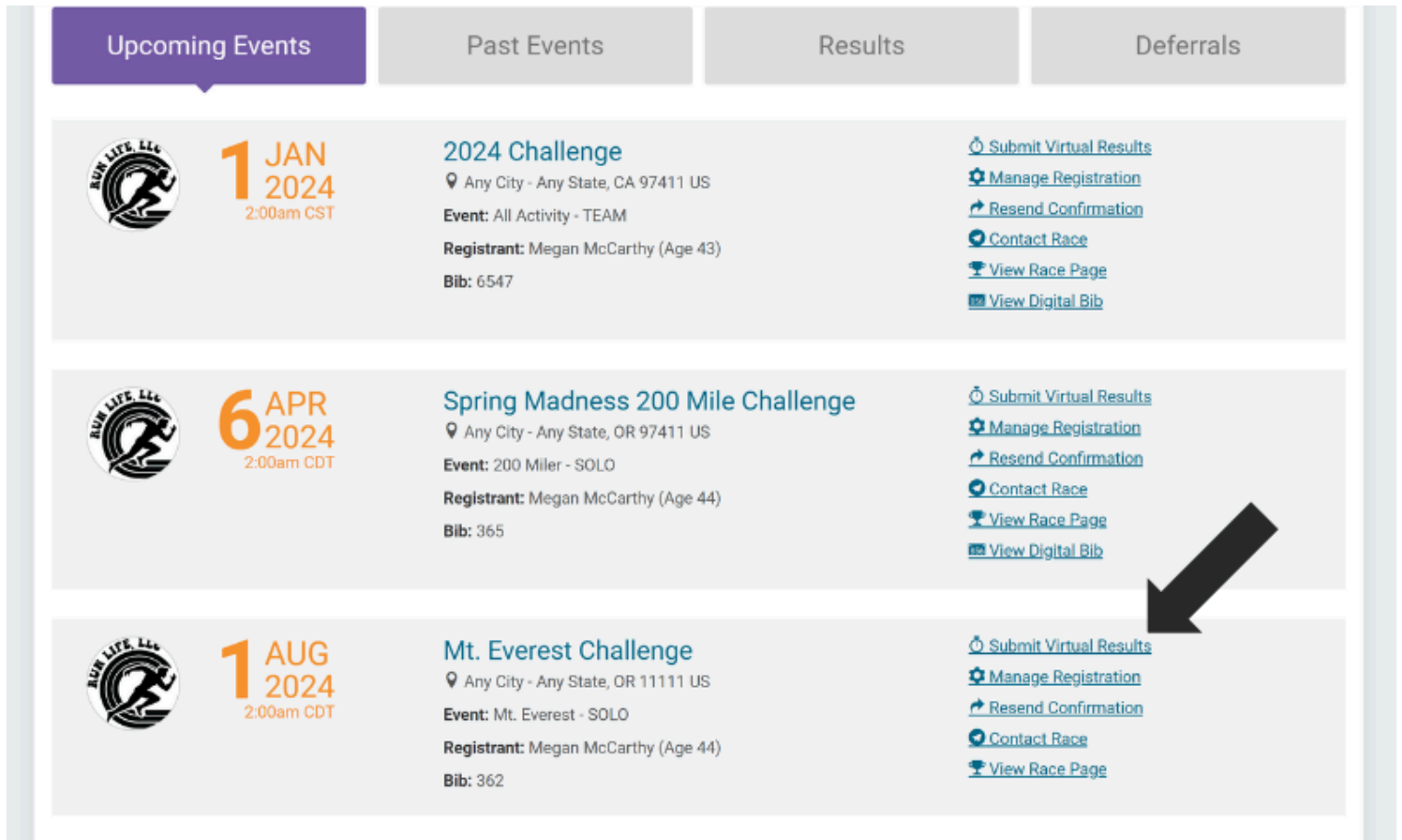
STEP 1:

Go go to https://runsignup.com/ on your computer or phone and click on the upper right hand corner icon to Sign In **AND** Access your profile.

**Your profile was created when you registered for the event. If you can't remember your password, just click "forgot password" to reset it.
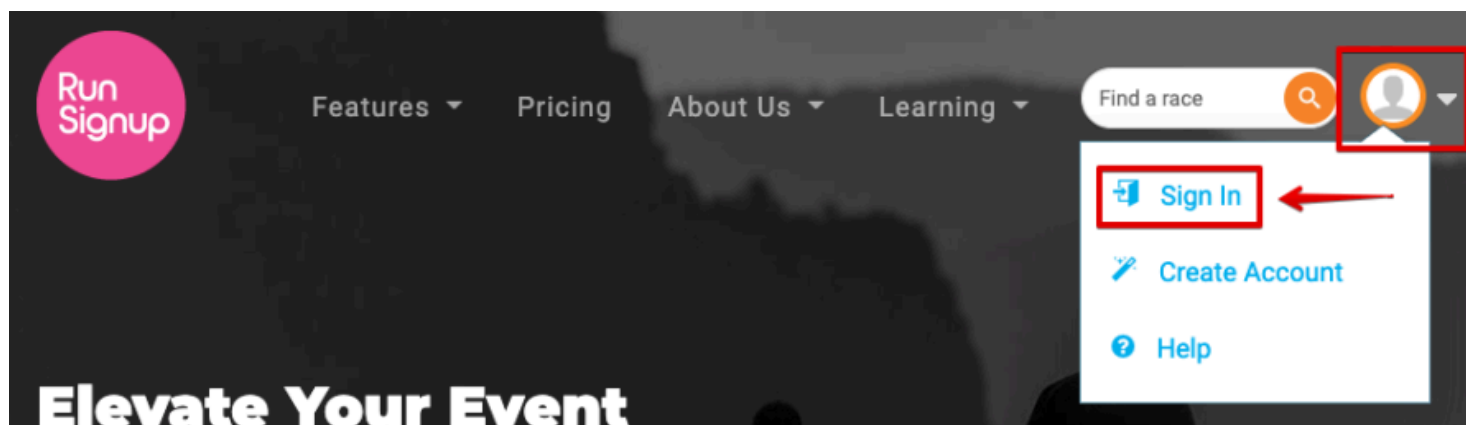
STEP 2:

Scroll down to the "Mt. Everest Challenge" and click the "Submit Virtual Results" link on the right hand side.

STEP 3:

Enter in your activity, time, elevation gain, date and distance, then click "Submit Activity". Format for logging TIME (HH:MM:SS). The RunSignUp results system will automatically tally your TOTAL elevation gain and TOTAL time and will place you on the official leaderboard with the other challengers. The leaderboard is based on elevation gain, not pace. You will be able to upload photos as well!

You can log daily, weekly or monthly. **Again, we strongly recommend logging your miles at least once a week to keep the leaderboard as up-to-date as possible.

BIB Numbers & Finisher's Certificates

Once you FINISH the challenge, your place on the leaderboard will be locked in, however, you can continue to log miles until the end of the challenge!

Sign into your RunSignUp profile at www.RunSignUp.com and scroll down to the Mt. Everest Challenge. Click on the "View Digital Bib" to download and print!

**Once you complete the challenge, the Finisher's Certificate option will appear.

LEADERBOARD & EDITING ACTIVITES

TO EDIT ANY ACTIVITY ENTRY:
Step 1: Go to www.RunSignUp.com and Sign In to your profile.
Step 2: Scroll down to the Mt Everest Challenge
Step 3: Click on "Submit Virtual Results" on the right hand side towards the bottom of the page.
Step 4: Scroll down to the bottom and click on "Manage Activities"

Leaderboard

PACKAGES & SHIPPING

Your Finisher's Medal packages will be shipped by late September 2024. Challengers from same households will receive their race gear in the same package.

If you move or change addresses, PLEASE let us know immediately! Packages sent to wrong addresses will have a re-shipment fee of $5.

Each package will include:
- Your GIGANTIC Finisher's Medal
- Ultima Replenisher Sample Hydration Pack
- Thank You Card with a discount code for any future event

TEAMS

If you are registered for one of the team divisions, here are some important things to know:

- You may divide up the elevation gain total however you'd like amongst you and your teammates. There isn't a certain amount of elevation gain each teammate is required to do.
- You'll be able to view your placement on the leaderboard as a TEAM and also as individuals. Just toggle the results pages at the top of the leaderboard.
- Once the team has reached the goal, your finishing place will be locked in, however you can continue to log activities until the end of the challenge.
- If you need to replace someone on your team, you may do so at no charge, BEFORE the finisher's medal packages are sent out.

CHALLENGE RULES

- Activities count after August 1st at 12:00pm PST. You can't log any activities and elevation gain from before the event started.
- You may change divisions at anytime at no charge.
- Once you reach the summit, your finishing place is locked in, however, you can continue to log miles until the end of the challenge.
- You must log activities at least once a month! This keeps the leaderboard most accurate!

UPLOADING PHOTOS!

We LOVE seeing all the photos! We give out special prizes for the best photos and we'll have PHOTO CONTESTS throughout the year.

Ways to SUBMIT PHOTOS:
- Tag us on Facebook or Instagram: @VirtualRunLife
- Email them to us: info@runlifellc.com
- Upload them when you log your miles

OUR SPONSOR

Ultima Replenisher is giving every participant a sample pack of their clean electrolyte drink for athletes in the Finisher's Medal package.

Many of you might be familiar with Ultima Replenisher as you can find them hydrating the runners at many major marathons and half marathons across the country.

Ultima Replenisher is requesting LOTS OF PHOTOS of you all with you enjoying your sample pack! There will be a BIG PRIZE for the best ULTIMA photos!

Good luck, everyone!

Time to get this party started