

Due to forecasted temp on Saturday, July 26, some participation rules are being relaxed/revised. We want everyone to be safe, but still have good participation in the event. For at least some of you we know these changes will be very encouraging for you to participate. The following provides an updated summary of the RUNBORN 2025 rules.

These rules apply to both Individual Participants and participants that are on a team

- All on-site participants must check-in at the RUNBORN tent prior to entering the track. They will need to provide name, email, phone #, emergency contact name and phone #, and Team name (if a team member)
- On-site participants need to keep track of their own completed distance (or lap count) and total time on the track
- When a person is done participating, they need to stop at the RUNBORN tent to record this information
- If a person returns additional times during the event, they will need to repeat the check-in/check-out process

Adjusted Rules due to hot temperatures forecasted on Saturday, July 26

- On-site team members may start running or walking at 7:00 AM on Saturday, July 26 (instead of 8:00 AM)
- Multiple team members may be on the track at the same time

*****NEW – “Virtual” Participation Allowed and Rules *****

Although part of the purpose of the Team Competition was to give Steve some company on the track throughout the last 12 hours of the event, Steve would rather be doing laps by himself through the hottest part of the day than jeopardize anyone’s health or safety. Steve would also like to make participation easier for the people who already have other commitments on Saturday or are located farther away. Although on-site participation is still preferred when the situation or conditions allow it, virtual (off-site) participation is now available.

- This is on the honor system
- Virtual participants are requested to make a \$25 donation - <https://runborn.org/donate/> - and be sure to credit it to your team (see image below, you may need to scroll down on the “Choose amount” screen to see the team selection box)
- Virtual participation must be completed between 12:01 AM Fri, July 25, and 8:00 PM Sat, July 26 (44 hour window)
- If you participate virtually, after you complete your running or walking, you will need to register on <https://runborn.org/run-with-us/> .
 - Fill in your email and name
 - In the “About you or your team” text box, provide:
 1. The team name you want to credit
 2. Your total distance (in miles)
 3. Your total time
 4. Any other comments you wish.
- These are the available potential teams to participate on virtually:
 - Team Gretna
 - Team Martyrs,
 - Team OWRC Running Friends
 - Team Pius X
 - Team Wahoo
 - Individual Non Team Member (all the Individual participants will be grouped together on this “team”)

- There is no limit on the number of virtual participants allowed on a team.
- Except for the “Individual Non Team Member” group, a team will only be granted the distance from their virtual members if the team reaches at least \$1,000 in donation sponsorships on the donation site. (** see below)

Team Competition – 12 hours rule

- If a team has a total participation of 12 hours or less, they get the distance the team completed
- To keep the competition fair, if a team has a total participation greater than 12 hours, a team weighted average pace will be calculated and then applied to 12 hours to obtain their distance for the competition

** When you encourage people to make a donation to sponsor your team, be sure to tell them when they are on the “Choose amount” screen to click on the drop down at the bottom (they may need to scroll down on that screen to see team selection box), see the area I hilited in green on the image below) and select your team from the list (give them your team name) so your team gets the credit for the donation. If you are an Individual Non Team Member, tell them to select that one, and then on the next screen they will be able to type in your name.

