



## Can I do this anywhere?

Yes, for sure it's a Virtual Run. That means as long as you stay within the governments COVID-19 guidelines you can clock up your km's in your neighbourhood, in wide open spaces, on the treadmill or a stepper in the privacy of your own home.

## Do I have to run the entire 8kms?

Certainly not! As we say at our outdoor events, you can run, walk or skip, although skipping could become a challenge after a few hundred meters. Everyone is at a different level of fitness from beginner to elite athlete. This one is virtually all about being active and staying positive in these COVID-19 times and keeping a healthy mind. Remember, you can do it at your pace and at your place!

## Do I have to do the 8km all at one time?

No way! We have given you the option on the website to tackle the challenge a little bit at a time. As long as you can complete the total 8km distance within the set time period (5 weeks), you will be ok to get your custom finishers medal and goodies! This virtual event is all about helping you stay motivated, getting you moving and to help with your mental wellbeing. You can tackle the challenge a km at a time if you like?

## How can I prove....'I made it'!

Simply send a screen shot or a summary from your GPS watch, fitness app or Strava. If you are running on a treadmill or are on a stepper a screen shot is fine showing the time and distance. Make sure you stop the treadmill first ...of course!! Send us your proof by posting on the event FB page, email us [info@centauroutdoorevents.com.au](mailto:info@centauroutdoorevents.com.au) or the Myactive link

## When can I expect my Custom finishers medal?

Once we have seen proof you made it, we will posting out your goodies in the last week of May. There could be some slight delays with the current situation, but hopefully not!

## Do I have to complete the 8km in the set time frame? (5 weeks)

Yes, especially now more than ever, we all understand circumstances can change quickly! But, we just want to get you moving and to start getting motivated today, as we just don't know what will happen tomorrow! Come on...you can do this!

## How do I redeem my 'Naked Wines' Voucher?

Ok, we knew this one should probably have been at the top of the page, haha! Simply follow the links on your exclusive custom \$100 gift voucher\*, enter in the specific code and your good to start Wining! Conditions do apply please see below:

### T's & C's

The boring bits: To use this voucher you must be 18 years or older. This voucher entitles first time Naked Wines customers to \$100 off their first order of 12 bottles. All orders are a minimum of 12 bottles, and a minimum spend of \$155.88. Not to be used in conjunction with any other offer or promotion. \*Next day delivery is available to Sydney, Melbourne and Perth metro areas for orders placed before 3pm. We don't ship to Northern Territory. Delivery not included. Offer is subject to change. See website for full Terms and Conditions.

So what are you waiting for...let's get started!