



12/12 HKSG.RUN 2021

HK STRAVA CHALLENGE

OPEN ROUTE CHALLENGE - SIMPLY JOIN THE [HKSG-HK STRAVA CLUB!](#)

12:00 AM HKT 12 DEC - 11:59PM HKT 31 DEC 2021
THE CHALLENGE: HK vs SG, Most distance clocked over the time period comes out on top!

Run for yourself and run for your city!
[HKSG SINGAPORE RUNNERS REGISTER HERE.](#)

ENGLISH | 的副本

12/12 HKSG.RUN 2021 is the 2nd edition of our Hong Kong v Singapore 20 day distance running challenge! Represent HK or SG as we run for top spot in Asia! HK runners will join our Strava Challenge to clock total KM completed over the challenge period. Any Strava run greater than 10km will count towards your personal ranking and total city distance ranking. Singapore is giving us a chance this year and will compete under the same challenge rules as the first edition: 10.5KM MacRitchie Reservoir loops!

1000KM CLUB - Following the first edition, we had ONE runner hit the 1000KM CLUB.... **Deric Lau** completed a truly amazing 129 loops for a total of 1418.2 KM over our 20-day challenge! **Faith Tan** was likewise a truly amazing warrior over the challenge and only less than 20 KM off the 1000KM club mark... Can she break 1000KM this year? Let's cheer our top HKSG runners to rise up to the 1000KM club this year! Together we AMAZINGLY clocked more than 57,000KM over HKSG 2020! Check out the full results here: my.runnerreg.com/hksg-2020-results.

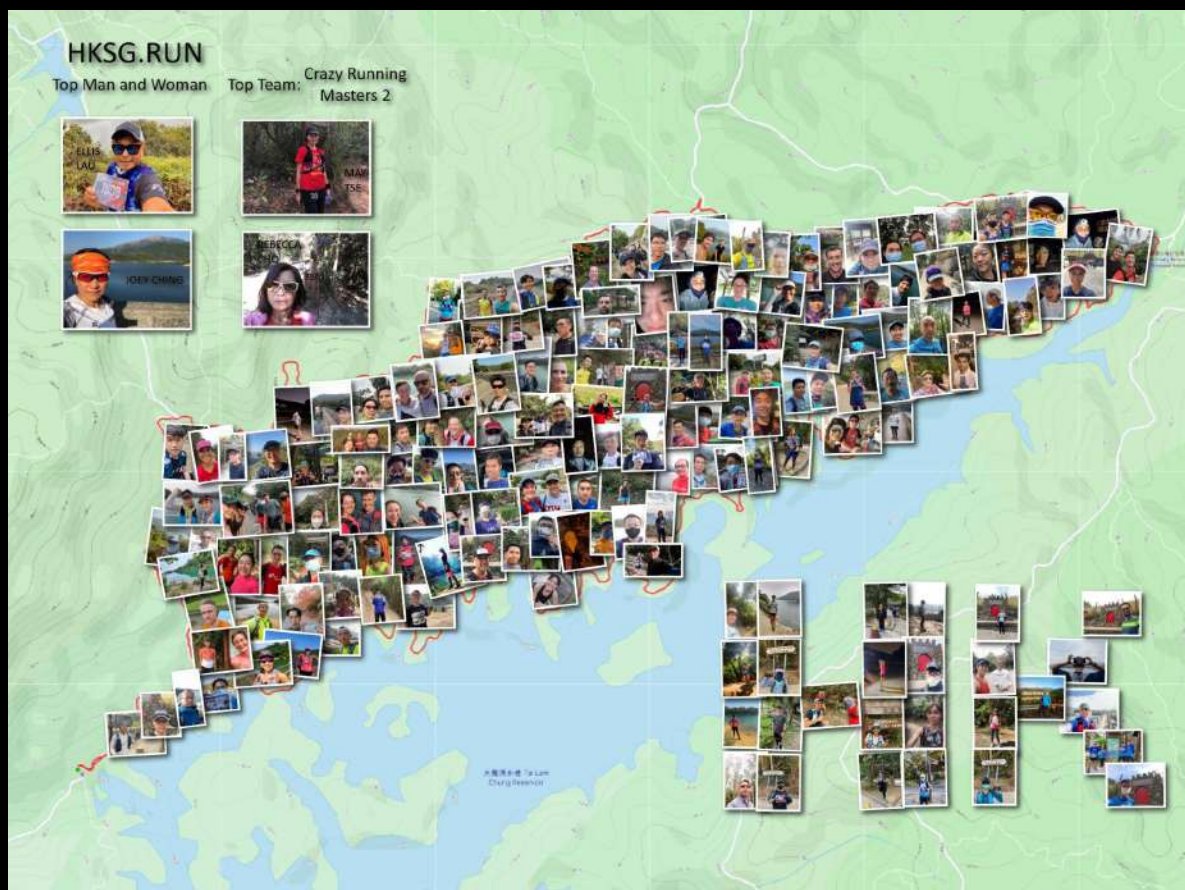
Lace em up, it's time to run our best into 2022!! [Sign up here!](#) 🎆🎆

Hong Kong Race Organiser

RUNNERREG

Singapore Event Organiser

XTRAILBLAZERS





BIX BUNDLE
HK\$188

ACTIVE
ELECTROLYTES
NATURAL CHERRY FLAVOUR
BIX
HYDRATION
20 Effervescent tablets

ACTIVE
ELECTROLYTES
NATURAL GRAPE FLAVOUR
BIX
HYDRATION
20 Effervescent tablets

HYDRATION

2X TUBES + HKSG EVENT TOWEL

HKSG EXCLUSIVE BIX BUNDLE OFFER

- 1 x BIX Active Cherry
- 1 x BIX Active Grape
- 1 x T8 Running Mask (2 mask in the pack)
- 1 x HKSG Runners Towel (30cm x 80cm, design TBC)



HKSG EXCLUSIVE ROAM BUNDLE OFFER

4 x variety pack Almond Nut Butter:

Mix of chocolate, coconut, espresso.

1 x T8 Running Mask (2 mask in the pack)

1 x HKSG Runners Towel (30cm x 80cm, design TBC)

VICTORINOX HONG KONG FINISHER AWARD



HKSG *TWINCITY* ULTRA

All HK finishers will be entitled to a personally engraved Victorinox 582 Nail Clip/Tweezer/toothpick sponsored by Victorinox Hong Kong. Engraving is free in shop and you'll also enjoy a 15% Victorinox Shopping Discount.


** Limited edition, new launch and discounted items are not eligible for this offer.*
Redemption period: 1 – 31 Jan 2022. LIMIT OF ONE VX AWARD PER EVENT.

 Exchange
and
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SUPPORT

HELP SUPPORT UP AND RUNNING ATHLETES IN NEPAL WITH OPPORTUNITIES TO TRAIN, RECEIVE EDUCATION AND BROADEN THEIR HORIZONS. RUN WITH A DONATION BIB TO SUPPORT!

RUN FOR A CAUSE!

Choose bib 0001 - 0100 to donate HK\$100 to Exchange & Empower and support talented up and coming female trail running athletes from Nepal! We'll add a white heart to your runners bib and beside your bib number on the entry list and results page. Thank you for supporting this excellent great cause! 

HKSG TWIN CITY ULTRA

HONG KONG **VS** SINGAPORE

**REPRESENT YOUR CITY
& LET'S GO FOR GOLD YEAR 2!**

Hong kong runners complete at least 10KM from
12 - 31 Dec, 2021 to count towards HK
personal and home ranking total distance.

Run a least 10km anywhere in HK!

Prizes will also be awarded to the top 3 solo males & females.



HKSG.RUN RESULT UPLOADS & RANKINGS

Open Route Format
Run anywhere in HK

Open - Run anywhere outdoors from 12:00am on 12 Dec - 11:59
pm on 31 Dec.

*Minimum eligible distance is 10KM.

Option #1: Automatic. Join the Strava challenge for this event to
have your daily results automatically uploaded and counted
towards the challenge.

Option #2: Manual. Upload your daily Strava result on
RunnerReg.com.

REGISTER FOR HKSG.RUN 2021 - HK

PRIZES TOP FINISHERS - HONG KONG

1ST Overall Solo Male & Female Finisher

BIX Active - 3 Tubes (60 Tablets) - Total RRP prize value: HK\$345 (Grape, Grapefruit, Cherry)
TGR Race Credit - HK\$100 for purchases on [ShopAnd.RUN](#)

2ND Overall Solo Male & Female Finisher

BIX Active - 2 Tubes (40 Tablets) - Total RRP prize value: HK\$230 (Grape, Grapefruit, Cherry)
TGR Race Credit - HK\$100 for purchases on [ShopAnd.RUN](#)

3RD Overall Solo Male & Female Finisher

BIX Active - 1 Tube (20 Tablets) - Total prize value: HK\$115 (Grape, Grapefruit, Cherry)
TGR Race Credit - HK\$100 for purchases on [ShopAnd.RUN](#)

4TH Overall Solo Male & Female Finisher

TGR Race Credit - HK\$50 for purchases on [ShopAnd.RUN](#)

5TH Overall Solo Male & Female Finisher

TGR Race Credit - HK\$50 for purchases on [ShopAnd.RUN](#)

6TH Overall Solo Male & Female Finisher

TGR Race Credit - HK\$50 for purchases on [ShopAnd.RUN](#)

7TH Overall Solo Male & Female Finisher

TGR Race Credit - HK\$50 for purchases on [ShopAnd.RUN](#)

8TH Overall Solo Male & Female Finisher

TGR Race Credit - HK\$50 for purchases on [ShopAnd.RUN](#)

9TH Overall Solo Male & Female Finisher

TGR Race Credit - HK\$50 for purchases on [ShopAnd.RUN](#)

10TH Overall Solo Male & Female Finisher

TGR Race Credit - HK\$50 for purchases on [ShopAnd.RUN](#)

REGISTER FOR HKSG.RUN 2021 - HK

HKSG.RUN ENTITLEMENTS

1. ONE FREE TGR MONDAY NIGHT HIIT TRAINING SESSION. 730PM @TAMAR.
 - a. EN LEAFLET - <https://my.runnerreg.com/pdf-tgr-training>
 - b. 中文 LEAFLET - <https://my.runnerreg.com/pdf-tgr-training-cn>
 - c. Simply WhatsApp us your registration proof and we'll send you the training plan

2. E-BIB - AUTOMATICALLY GENERATED FOLLOWING REGISTRATION.
 - a. Go to RunneReg.com > My Races > Actions > Race Bib

3. FINAL EVENT FINISHER CERTIFICATE WITH RANKINGS.
 - a. HARD COPY WILL BE SENT TO THE TOP 3 FINISHERS.

4. **20% OFF @GONE RUNNING** OFFER ON THE FOLLOWING BRANDS:
 - GIPRON PROFESSIONAL TRAIL POLES, TAILWIND, T8.RUN, FRACTEL PERFORMANCE HEADWEAR, CRAMPFIX, SPRING ENERGY. 10% OFF - ALL OTHER MERCHANDISE AT GONE RUNNING

BIG THANKS FOR OUR SUPPORTING SPORTS SHOP!



REGISTER FOR HKSG.RUN 2021 - HK



REGISTER FOR HKSG.RUN 2021 - HK

RULES - HKSG.RUN 2021 HK

The following rules will allow participants to complete this challenge and submit their results automatically or manually:

1) **Route.** This race is to be conducted virtually so that participants can perform their activities of running or walking or hiking anywhere outdoors. However, performing such activities either on a treadmill or outdoor track (</=800m) is not acceptable for this challenge. Should the activity be identified as violating the rules, all submitted records of such activity will be ignored.

2) **CATEGORIES.** Solo Male and Solo Female

3) **RANKING.** All categories are ranked by the overall completed distance.

- Ranking is by: open race category, gender, age group and nationality.

4) **PRIZES.** Prizes will only be awarded to the open Solo Male and Solo Female.

5) **COUNTABLE RESULT.** Only the Strava Challenge or uploaded activity record is accepted.

6) **CERTIFICATES.** Daily completion certificates and end of challenge finisher certificates are automatically generated on RunnerReg.com. Just log into your account and go to My Races to download!

7) **DATES.** This event starts on 12 December 2021 at 12:00 am HKT and ends on 31 Dec 2021 at 11:59 pm HKT. All leaderboard results are automatic. Should any manual results submissions be required, they must be received by 31st Dec 2021 11:59pm.

- Final results + prizes will be announced the following week.

9) **SAFETY.** REMEMBER TO RUN WITHIN YOUR FITNESS ABILITY, RUN WITH A PARTNER WHERE PRACTICAL, SHARE YOUR LOCATION WITH A FRIEND AND BE SAFE!

USEFUL LINKS FOR HKSG TWIN CITY ULTRA

[REGISTER](#)

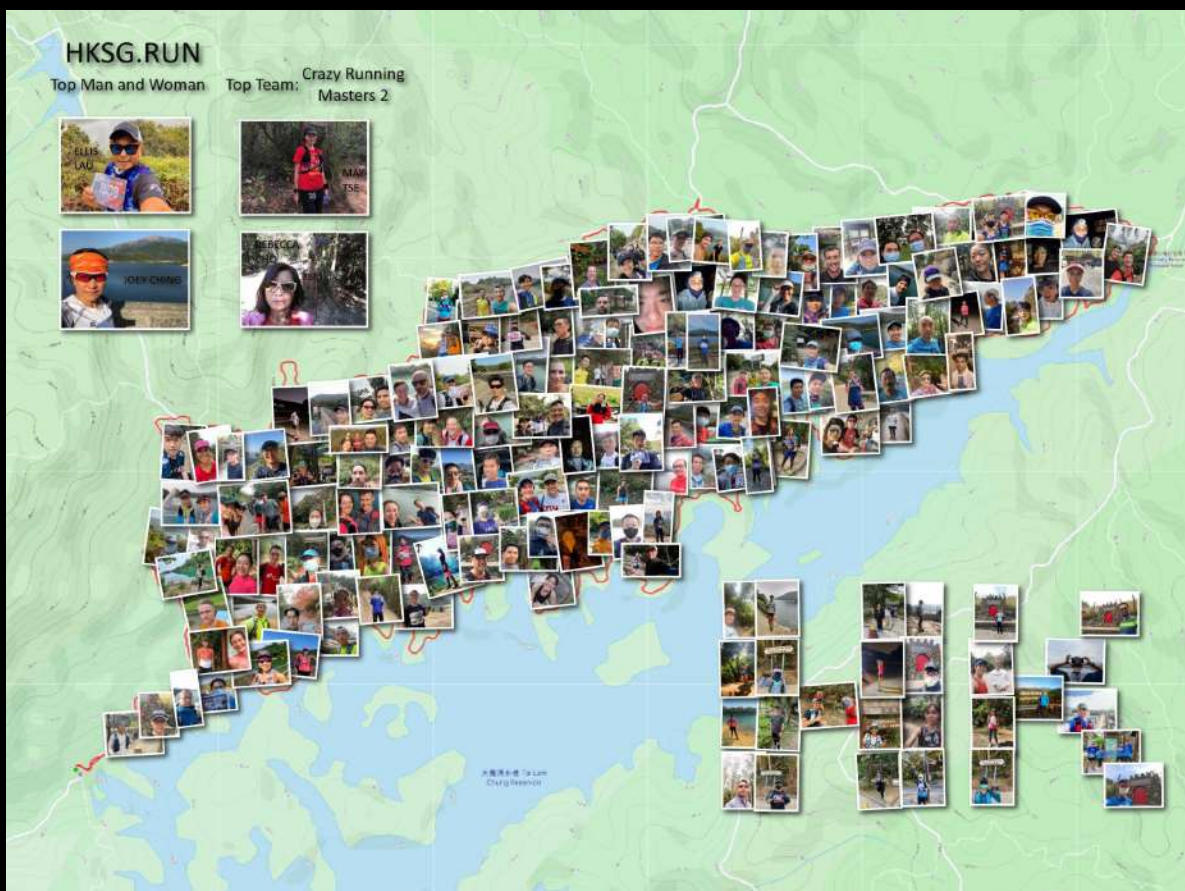
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[RESULTS](#)

[ENTRY LIST](#)

[UPDATES](#)

[QUESTIONS](#)



HKSG FAQ - Frequently Asked Questions

Q1. How will the results be recorded for HKSG 2021 in HK?

- A. Option #1 (Automatic) - Join the [HKSG HK 2021 Strava Club](#), make sure your runs are uploaded to Strava and we'll take care of the rest!
- B. Option #2 (Manual) - Go [RunnerReg.com](#) > My Races > Actions > [Upload Results](#). Also see: How to [Share your Strava Activity](#).

Q2. If I register a basic bundle, will I still be entitled to podium prizes and ranking?

- A. Yes. The basic bundle registration fee includes E-bib, leaderboard ranking and access to all podium prizes.

Q3. If I do not have any sports watch that can sync with Strava, what should I do?

- A. If participants do not use a sports watch, they should download Strava and complete the specified route using this app. Visit [Strava.com](#) for more information.

Q4. What's the best time to start the race?

- A. This challenge commences at 12:00 am on 12 December and finishes at 11:59 pm on 31 December. All participants are deemed to comply with all regulations applicable for public activities

Q5. Do we need to submit our km completed following each run or accumulate our own results and then submit all at once?

- A. There is no need to submit any further results if you join the Strava Club. If you do not join the [HSKG HK Strava Club](#), then every time a run activity is completed, it should be submitted on your [RunnerReg.com](#) account.

Q6. Could I run more than once per day during the period 12:00 am 12 Dec 2021 - 11:59 pm 31 Dec 2021?

- A. Yes. The more the distance of the activity completed, the higher up the ranking a participant will be!

Q7. Where should I submit the Strava Record?

- A. The Strava activity should be uploaded here: <https://hksg.run/upload/>.
- B. Check the overall results here: <https://hksg.run/virtual-results/>

Q8. What is “elapsed time”?

- A. Elapsed time is the duration from the moment you hit start on your device or phone to the moment you finish the activity. Read more about Elapsed Time vs Moving Time on Strava [here](#).

Q9. Is there any participation limit during the competition period, from 12 - 31 Dec?

- A. Participation limited is 12:00 am on 12 Dec - 11:59 pm on 31 Dec 2021.

Q10. May I know if I only need to run 10K then it means I have finished the challenge?

- A. This challenge is focused on total distance completed during the open period (12-31 Dec 2021). The countable minimum distance of each activity for being logged to the leaderboard ranking is 10Km. There is no maximum distance set for the challenge which implies the more the distance you have done the higher up the rankings you will be!

Q11. Does that mean I can run as many days as I can during the period of 12 - 31 Dec 2021?

- A. Yes, all participants can run/walk/hike on ground anytime from 12 - 31 Dec 2021.

Q12. Is there any time limit for that?

- A. Yes, apart from the time limit as mentioned above for performing the challenge, all Strava activity records should be submitted by no later than 11:59 pm 31 Dec 2021. Late record submission will not be accepted.

Q13. Can I use Runkeeper™ to record my run?

- A. Yes, participants can use Runkeeper™ so long as they synchronize their run activities to Strava. See the following article: [Moving your activity history from Runkeeper to Strava](#).

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