



SIGN UP



START THE NEW YEAR LIKE A TIGER

ALKA12 80KM



VIRTUAL RACE

12- 23 FEBRUARY 2022

HOW FAST CAN YOU RUN 80KM IN 12 DAYS?

INCLUDE 1 X ALKA12™ MAG200 AND SOME GREAT ALKA12™ PRIZES ARE UP FOR GRABS!

HK ENTRY FEE: HK\$248



ALKA12 80KM

ENERGY x POWER x RECOVERY

HOW FAST CAN YOU RUN?

Run your fastest 80 KM in 12 Days

You can beat unlimited PB and some great ALKA12™ prizes!


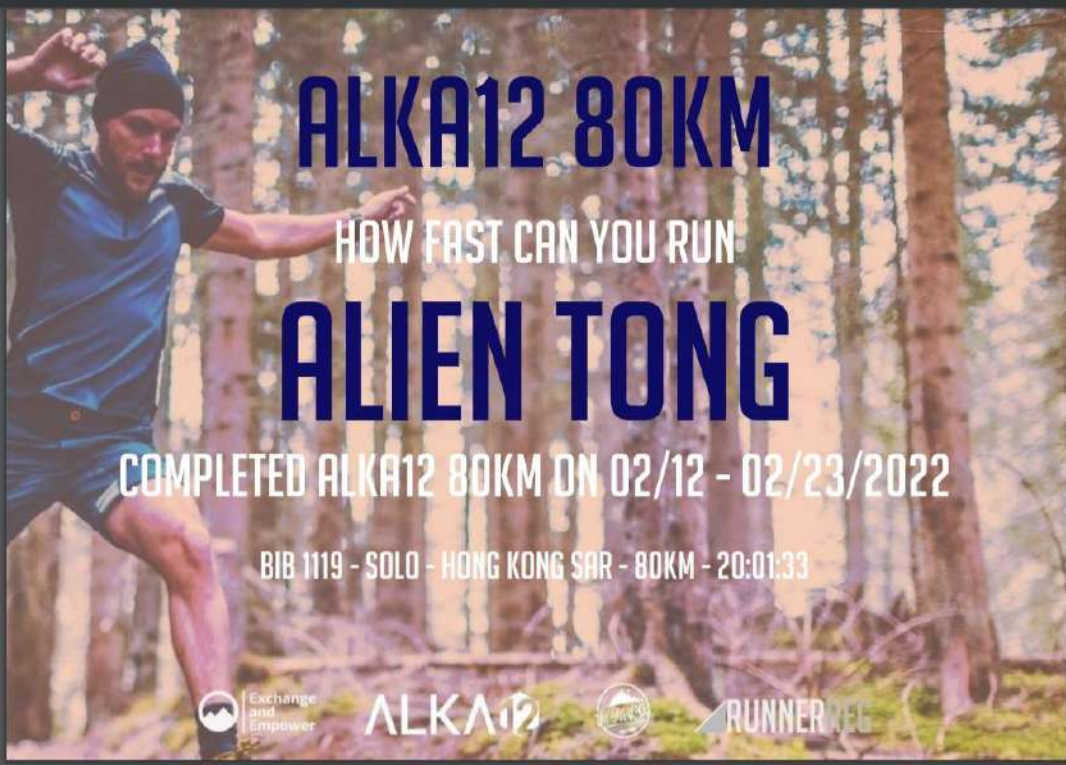
Race : 80 KM - Run your fastest 80KM before 11:59pm 23 Feb 2022 and work your way up the rankings. Unlimited PB attempts. OUTDOOR TRACKS ARE PERMITTED FOR THIS CHALLENGE.

Race Period: 12 Feb 2022 - 23 Feb 2022

Entry Fee: HK\$248 include 1 X ALKA12™ MAG200



REGISTER FOR ALKA12 80KM

Entry Fee	Entitlement
80KM - HK\$248	1 X ALKA12™ MAG200* 1 x Finisher Certificate (Digital) 1 x Completion Certificate (Digital) 1 X BIB (Digital) * Pick up at Gone Running from 24 Feb - 27 Mar 2022
1 X ALKA12™ MAG200	
1 x Finisher Certificate (Digital) 1 x Completion Certificate (Digital)	

1 X BIB (Digital)



Add - ons

Entitlement

ALKA12™ - 200ml

ALKA12™ - 500ml



ULTRA PURE MAGNESIUM GEL

OPTIMUM ATHLETIC PERFORMANCE



Using the most pristine and natural resources on earth, ALKA12™ pioneers ultra pure magnesium gel and oils blended with organic aromatherapy for direct skin application, quick absorption and fast-acting. Boosting energy, power and speeding up post-work out recovery. Whether you swim-bike-run, are at work, travelling, training, racing, recovering, or simply zeroing in on your wellness, ALKA12™ supports your goals by helping you to stay ahead and alert, both physically and mentally. A healthy way to stay energetic, ready for any race and recover faster from any competition, even on days when your tiredness catches up at work or exhaustion sets in and you need an extra boost to maintain your equilibrium. Along with water and oxygen, magnesium is a life essential and is one of the most essential minerals for sports nutrition.

HARD TRAINING CREATES CHAMPIONS.

FAST RECOVERY CREATES LEGENDS.

ALKA12

#magnesiumpower

THE 3 STEPS TO NATURAL OPTIMUM ATHLETIC PERFORMANCE

1.

APPLY ALKA12™ MAGNESIUM GEL OR SEA-BRINE OIL LIKE
A LOTION TO THE WHOLE BODY, TARGETED SORE AREA OR INJURY

2.

LEAVE ON 20 MINUTES FOR OPTIMAL ABSORPTION OF
THE MAGNESIUM IONS INTO THE SKIN TISSUES
AND EFFECTIVE MUSCLE OXYGENATIONS

3.

LET IT AIR DRY FOR BEST RESULTS AND RINSE IF NEEDED

GREAT TO USE BEFORE WORK OUT, AFTER WORKOUT OR ANYTIME YOU NEED A
BOOST OF ENERGY OR RECOVERY. THE ULTIMATE WAY TO FEEL BETTER FASTER.

WWW.ALKA12.COM

TOP FINISHER PRIZES

Top Overall Solo Male & Female - 80 KM

1st - ALKA12™ ULTRA PURE MAGNESIUM GEL X BIO ALOE VERA - 500ml
(Value HK\$488)

2nd - ALKA12™ ULTRA PURE MAGNESIUM GEL X BIO ALOE VERA - 500ml
(Value HK\$488)

3rd - ALKA12™ ULTRA PURE MAGNESIUM GEL X BIO ALOE VERA - 500ml
(Value HK\$488)

ALKA12™ ULTRA PURE MAGNESIUM GEL X BIO ALOE VERA - 500ml

*Great to use before workout, after workout or anytime you need a boost of energy. Muscles recover naturally and much faster, resulting in reduced muscle ache and stiffness. Because of this, athletes can push harder and train more often, ultimately resulting in better performance while reducing the risk of injuries. and joint inflammation. It plays a fundamental role in optimal muscle contraction, skeletal strength, and our energy production, which helps to maintain proper muscle tissue oxygenation that is key to athletic performance.

The logo for ALKA12 features the word "ALKA" in a bold, sans-serif font with a red-to-orange gradient. The number "12" is positioned to the right of "ALKA", rendered in a black, bold, sans-serif font and set within a yellow, three-dimensional hexagonal shape that appears to be a container or a stylized number.

#magnesiumpower

ENTITLEMENTS ALKA12 80KM

1. E-BIB - AUTOMATICALLY GENERATED FOLLOWING REGISTRATION.
2. DAILY COMPLETION CERTIFICATE, AUTOMATICALLY UPDATED.
 - a. FINAL EVENT FINISHER CERTIFICATE WITH RANKINGS. HARD COPY WILL BE SENT TO THE TOP 3 FINISHERS IN EACH VERTICAL CATEGORY.
3. **20% OFF @GONE RUNNING** OFFER ON THE FOLLOWING BRANDS:
 - BIX HYDRATION, GIPRON PROFESSIONAL TRAIL POLES, TAILWIND, T8.RUN, FRACTEL PERFORMANCE HEADWEAR, CRAMPFIX, SPRING ENERGY. 10% OFF - ALL OTHER MERCHANDISE AT GONE RUNNING



REGISTER FOR ALKA12 80KM



EVENT RULES - ALKA12 HK CHALLENGE

- 1) VENUE. This race is virtual and can be completed anywhere outside in Hong Kong. Exception: Indoor treadmill and outdoor track ($\leq 800m$) running are permitted for this event.
- 2) CATEGORIES.
 - You can participate 80KM in 12 Days.
- 3) RANKING. All categories are ranked by the best finish times.
 - Ranking is by: open race category, gender, age group and nationality.
 - Multi attempts are permitted with the timer resetting at midnight.
- 4) PRIZES. Prizes will only be awarded to the open Solo Male & Solo Female race categories. See the prize table above.

5) TIMING. The RunnerReg App can be used. Attempts are automatically updated to the leaderboard. Your Strava activity is accepted. Practice mode available on the RunnerReg app.

RunnerReg App on Apple iOS*

<https://my.runnerreg.com/app>

RunnerReg App on Google Play*

<https://my.runnerreg.com/android>

6) BACKUP. Strava activities must also be kept as a backup to support your results and in case of any issues using the RunnerReg App.

- Runners must set their Strava activities for this event to “public” so all participants will have a fair visibility of results as/when needed.

7) 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!

8) DATES. This event starts on 12 Feb 2022 at 12:00 am HKT and ends on 23 Feb 2022 at 11:59 pm HKT. All leaderboard results are automatic. Should any manual results submissions be required, they must be received by 24 Feb 2022 12:00pm.

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

9) RESULTS. Use Of Activities For Multiple Virtual Events And Multiple Race Categories Within One Virtual Event.

1. Multiple Virtual Events: One Result: We consider it common practice for virtual races, that may participants use one result to compete in different events. For example a participant may complete 100KM “Virtual Race A” and then subsequently use the first 50KM that result to compete in 50KM “Virtual Race B”. We consider this practice to be acceptable.
2. One Virtual Race, Multiple Race Categories, Multiple Results: Participants may compete in multiple categories of the same event. For example, one event may have the following categories:

1. 10MIN Run
2. 10KM Run
3. 100M Climb

- **NB:** Each race category should be completed as a separate activity with a separate result. For example, the 10MIN run result may not also be used in the 100M climb race.

- In the case where one activity result is found to be submitted for multiple race categories of the same event, we will only accept the first submission and all subsequent submissions using the same result will be rejected.

- Contact info@runnerreg.com with any questions

3. Use Multiple Accounts / Alternate Named Accounts for one participant: We do not consider the practice or use of multiple accounts set up on RunnerReg under different names to be acceptable.

- Any participant found to be competing under different names (multiple accounts) will have their results removed without prior notice. As with all events on RunnerReg, the organiser reserves final right on decisions regarding registrations, results and awards.

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

11) The Race Director/Organiser reserves final decision on any disputes.

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USEFUL LINKS FOR ALKA12 80KM

[REGISTER](#)

[中文 OVERVIEW](#)

[RESULTS](#)

[ENTRY LIST](#)

[UPDATES](#)

[QUESTIONS](#)

[RunnerReg App on
Apple iOS](#)

[RunnerReg App on
Google Play](#)



♥ 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 a great cause! ♥

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