USER GUIDE POLARNIGHT MARATHON-VIRTUAL EDITION

The following Guide aims to answer questions about virtual races. If you do not find the answer to your question below, please send us an email to info@msm.no.

CONTENT

Which devices can I use?

You can use any kind of smart phone, smart watch, fitness watch or activity tracker which will serve as your personal "virtual timing chip". Run with watch/ device that enables you to export a GPX/TCX file or you can use one of the following platforms: Strava, Endomondo, Polar, Garmin or Suunto.

Is there a cut off time?

No, you can walk, jog or run as fast as you can. However, you have to finish the course within 21st of January 2021 24:00 o'clock.

Can I change distances?

Yes, you can change distances by logging on to your profile.

Which distances can I run, and can I participate in several distances?

You can choose between four different distances. The Polarnight Marathon, PolarNight Halfmarathon, Mørketidsmila 10k and Sats Mørketidstrimmen 5k.

If you want, you can run several of the distances listed above.

Where can I sign up?

You can sign up under the following here.

Does it matter where I run?

No, it is up to you to run on a flat course, in the mountains or on a treadmill. Just remember to use reflex if you run while it`s dark and be careful when running in areas with a lot of traffic. All runners are responsible for their own safety and will have to act in accordance with their local and national health authorities' recommendations regarding COVID-19 pandemic! Remember to keep at least 1m distance to other pedestrians.

Will I get a start number/ BIB?

Yes, when you register for our virtual race you will get a confirmation email with your personalized start number. You can print it, use it while running and share it on Facebook.

When can I run?

You can run in the PolarNight period from the 21st of November 2020 00:00 o'clock until the 21st of January 24:00 o'clock. The final date to register your time in our platform will be the 21st of January 2021 24:00 o'clock.

How does the timing work?

1. You register via our platform and get access to your profile.
2. Start your device/app and run your chosen distance. The tool you use to track your race serves as your personal "virtual timing chip".

Please check in our guide that **your chosen tool is supported by our system**.

Be aware of that you have to run the correct number of kilometres. If you have raced shorter than the race distance, we will calculate upwards on a fair basis based on your last pace, within a certain tolerance range. If you have raced longer than the race distance, we will calculate backwards to your accumulated race time at the point of completing the set race distance.

Please be also aware that if you "Pause" your activity our system will not. It will measure the total time from start to finish.

3. Finish your race and registrate your time
   Access your profile and register your time on "my page" by pressing "my time". You can simply connect and upload from your Strava account, but as long as you import a GPX, TCX and FIT format it should be fine.

   You do not want to show your time in the result list? You can finish the race and register without your time. By choosing the "finisher button" on "my page" your name will show in the result list but not your time.
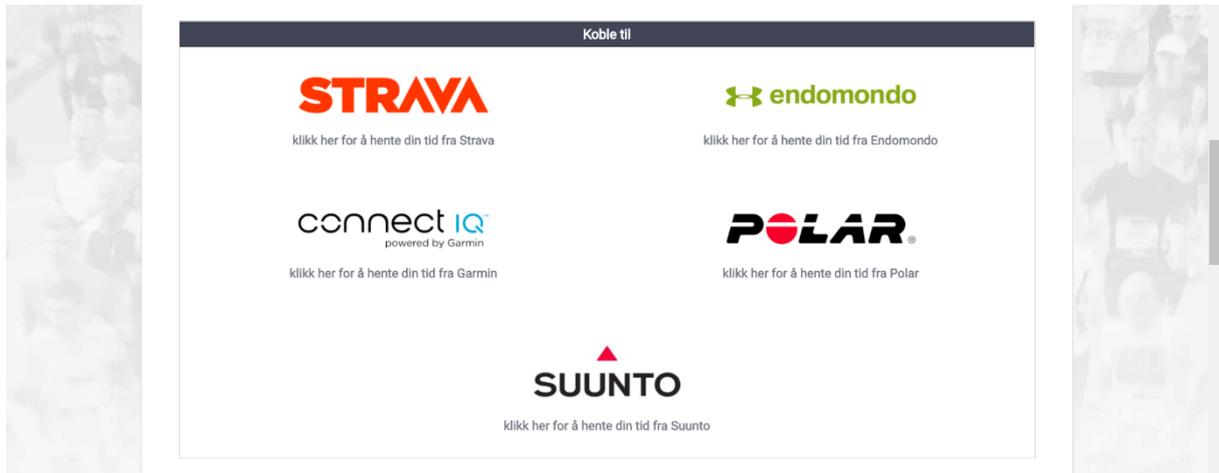
How can I register my time?

Access your profile and register your time on **"my page" by pressing "my time"**

You have three different options for how you register your time

1. Platform connection

2. Activity file upload

3. Manuel time entry

1. PLATFORM CONNECTION

We currently provide direct integrations to: Strava, Endomondo, Polar, Garmin and Suunto. After you have completed your virtual race, login to your event athlete profile and select your provider. A login window for your platform will show. Login and approve the UltimateVIRTUAL app for your account whereafter your session activity list will show. Select and click on the race activity session you want to use for your result.

If you are using a platform not listed, we do recommend you use the Acitivity File Upload.

IMPORTANT

For Garmin and Polar, please make your connection before you start your virtual race, as only future sessions after your first login and app approval will be available to share with our platform. When completed follow instructions above.

All race activity sessions are handled equally and analysed on a fair basis. All results calculations are based on the measured time and measured distance by your activity/fitness device. If you have raced longer than the race distance, we will calculate backwards to your accumulated race time at the point of completing the set race distance. If you have raced shorter than the race distance, we will calculate upwards on a fair basis based on your last pace, within a certain tolerance range. Therefore, it is important to note that we may process and evaluate your result different from your existing platform provider; both in time and in distance completed.

Times are measured from start to finish. Session pauses will not be deducted for your activity/time.

PLEASE NOTICE

Endomondo logins are restricted to native Endomondo logins (not logins through Facebook) due to restrictions in the available API.

All results based on GPS activity/fitness devices are subject to human error and technical inaccurate measurements due to the limitations on satellite/GPS tracking technology or surroundings of the raced track.

2. ACTIVITY FILE UPLOAD

If you are you using a platform not listed or otherwise have problems with your activity platform connection, we do recommend you use the ACTIVITY FILE UPLOAD. The upload supports activity/race

sessions in the file format: GPX, TCX and FIT, that can be exported from most platforms available. See these guides on how to export from your platform:

Strava, Endomondo, Garmin Connect, Polar, Suunto Movescount, Sports Tracker, Tomtom, My sports, Fitbit, Runkeeper, Runtastic, Nike Run Club

For other platforms, please find your answer on your platform help pages and/or google.

IMPORTANT

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Times are measured from start to finish. Session pauses will not be deducted for your activity/time.

PLEASE NOTICE

All results based on GPS activity/fitness devices are subject to human error and technical inaccurate measurements due to the limitations on satellite/GPS tracking technology or surroundings of the raced track.

3. MANUEL TIME ENTRY

If you do not race with an activity/fitness tracker device or are not able to get the platform integration and/or file upload to work, you can use the manual time entry function. The manual time entry requires a proof of reference/url to your activity session and/or a photo of the display of your activity/fitness tracker device.

PLEASE NOTICE

Manual time entries will be flagged as manual registered times in the results and are subject to be revised by the event organizer at their discretion.

Is my time published?

That depends. When you upload you result you can either decide to show your accomplished time or be listed as finisher of the race. You will then either show with your time or as finisher in the list of results.

Results

We will publish result lists on the platform. There will not be any age categories. Virtual races are based on trust to the individual runner and we cannot assure that the timing is right. Also, the tracks are different for all runners.

My time is not correct, what can I do/ I do not agree with my results.

Before questioning your result, **please read the following information carefully**. GPS/activity fitness devices are not a 100% accurate technology. If you disagree with your result, we advise you to evaluate this based on the race instructions and the general information stated in our guide. Further we do offer you the option to manually submit your time, that will overwrite your uploaded activity.

When you register your results, all race activity sessions are handled equally and analysed on a fair basis. All results calculations are based on the measured time and measured distance by your activity/fitness device. If you have raced longer than the race distance, we will calculate backwards to your accumulated race time at the point of completing the set race distance. If you have raced shorter than the race distance, we will calculate upwards on a fair basis based on your last pace, within a certain tolerance range. Therefore, it is important to note that we may process and evaluate your result different from your existing platform provider; both in time and in distance completed.

However, if you still have problems with your registered **time send us an email to info@msm.no**.

Do I receive a medal?

When you finish the race, you will get a medal and a virtual finisher diploma. The virtual finisher diploma will be sent to your email right after you registered your result.

The medal will be sent out in the end of January and of course only after your registered a valid result. We do not send medals to participants that have not registered a valid time – like in a real race you only get what you work for. Please check and make sure you provided us with your correct post address.

Please be aware of that due to covid-19 it might take a while before the medal gets to you, however if you have not received it within the end of February please contact us at info@msm.no.