



# TERMS & CONDITIONS

## Terms & Conditions: 70 mph challenge run

The event is called 70mph Challenge and will take place on seven running machines, used by as many runners as possible (simultaneously) who will run for one hour to try and reach the target distance of 70 miles collectively. Like a very-long-distance relay. Each runner will have their distance and time logged by a member of The Gyms staff or an event organiser, all times will be tallied up after the hour period.

- Only seven running machines are allowed for any NO LIMITS 70mph Challenge
- Running machines can be paused so participants can swap over,
- All running machines must be stopped instantly on the final whistle/bell
- All competitors will follow the rules or be disqualified and their times not counted in the final tally

How long you run for and who you team up with and tag/relay in is your choice, as long as you stay within the rules.

The event will start and finish with a whistle/countdown bell no distances logged before or after this time will be registered in the final total.

### KEY POINTERS:

- All entrants must be 18 or over to enter
- All participants are required to bring a small towel for personal use during event
- By applying for the challenge you are consenting to having the ability to compete in the outlined event
- Participants must arrive by 7pm latest for a brief and to sign up on the distance log
- Runners will be shown to the relevant machines based on experience and commitment
- The challenge will start promptly at 7.30pm and finish at 8.30pm sharp
- Sponsorship forms must be signed by an event host or member of staff once the challenge has been completed
- Only members of the public entering the 70mph challenge are allowed access to The Gym Reading West
- One application is granted per runner - teams can be formed from multiple applicants
- Access is granted exclusively through application for a sponsored run form above or The Gym Reading West staff
- All non gym members must leave the gym within the agreed time unless granted permission to stay
- Anyone not complying to these terms and conditions will be asked to leave the challenge and the gym
- Participants accept full responsibility for all outcomes resulting from their actions on the challenge

## Terms & Conditions: run club, race events and competitions

- Shape Shifters accepts both male and female participants to the group
- Road running experience is an advantage but not a necessity
- All Participants must be 18 or over to join Shape Shifters Run Club
- All participants must make a donation via our just giving page to our chosen charity (Prostate Cancer UK) - donations can contain a description and message to mention payee and or event
- By applying, you are consenting to having the ability to compete
- Participants must abide by event organisers rules at all times
- Participants will receive a t-shirt after confirmation of Reading Half Marathon entry (1/2 Marathon event only)
- Casual runs will start promptly at the designated points (see info on web page)
- One application (t-shirt) is granted per runner exclusively through registration (1/2 Marathon event only)
- Participants must abide by the 70mph challenge rules (sent out by email).
- Anyone not complying to the terms and conditions will be asked to leave the group
- Participants must enter race events on their own accord unless a request is made by email to [ssrunclub2020@gmail.com](mailto:ssrunclub2020@gmail.com)
- Participants accept full responsibility for all outcomes resulting from activities and run activities
- Shape Shifters accepts no responsibility for any accidents that occur during run activities and participants acknowledge and waive the right to hold the run club responsible during any event under the shape shifters name
- Have fun and publicise your achievements/story as a Shape Shifter on Social Media