

Annexure A: RISE WARRIOR RUNNER:

Please read complete rules before following this annexure

- <https://www.kalyandombivlirunners.com/rise-winter-challenge/rise-2024-rules>

Running:

KMs	Points	Max. activities allowed in a month
1	-	
2	-	
3	-	No Limit
4	5	
5	12	
6	12	
7	12	
8	12	
9	15	
10	15	
11	15	
12	15	
13	19	
14	19	
15	19	
16	19	
17	25	
18	25	
19	25	
20	25	2
21	30	
22	30	
23	30	
24	30	
25	36	2
26	36	
27	36	
28	36	
29	36	
30	40	1

*Points will be calculated in 2 decimals. In a month, Maximum 1 run of 30 kms, maximum 2 runs of 25-29 kms and maximum 2 runs of 20-24kms allowed. Minimum distance is 4kms. Activity below minimum distance won't be considered for Bonus as well.

Cycling:

There would be no cycling option for RISE Warriors runners.

Important Points :

- **Max distance allowed for WARRIORS in November – 225 Kms**

Note: These are maximum distances for which points will be allotted. These are not minimum commitments. •

- **PACE LIMIT : 10 mins per km per activity. Pace will be based on Average Elapsed time and not Average Moving Time.**