

# Annexure B: RISE Changers:

Please read complete rules before following this annexure -

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

## RUNNING POINTS

Running (Km)	Points	Max. activities allowed in a month
1	-	-
2	4	No Limit
3	6	
4	7	
5	8	
6	11	
7	12	3
8	14	
9	16	
10	18	1

- Points will be considered in 2 decimals.
- In a month, 1 run of 10k and 3 runs of 7-9k are allowed.
- Minimum distance is 2Km.
- Activity below minimum distance won't be considered for Bonus as well.

## CYCLING POINTS

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

- Points will be considered in 2 decimals.
- Maximum 1 Ride of 30 kms and maximum 3 ride of 20-29 kms allowed.
- Minimum distance is 4km.
- Activity below minimum distance won't be considered for Bonus as well.

## Important Points :

- **Max distance allowed for CHALLENGERS in October :**

	Running Only	Running & Cycling	
	Running	Running	Cycling
RISE Challengers	90 kms	60 Kms	120 kms

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

- **PACE LIMIT : 15 mins per km per activity.** Pace will be based on **Average Elapsed time** and not Average Moving Time.