

Annexure C: RISE CHAMPIONS:

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	4	No Limit
2	9	
3	13	
4	16	
5	19	
6	22	
7	24	1

*Points will be considered in 2 decimals. Maximum 1 Run of 7k allowed in a month.

CYCLING POINTS

Cycling (Km)	Points	Max. activities allowed in a month
1	2	No Limit
2	3.5	
3	5.5	
4	7.25	
5	7.5	
6	9.5	
7	9.5	
8	11.5	
9	13	
10	13	
11	13	
12	15	
13	15	
14	16.5	
15	16.5	1
16	18.5	
17	20.5	
18	22.5	
19	24.5	1
20	26.5	

*Points will be considered in 2 decimals. Maximum 1 Ride of 20k is allowed in a month. Maximum 1 ride of 15-19 kms allowed in a month.

Important Points :

- Max distance allowed for CHAMPIONS in October :

	Running Only		Running & Cycling	
	Running		Running	Cycling
RISE Champions	65 Kms		40 Kms	70 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.