



PUBLIC SERVICE VIRTUAL WALK & RUN CHALLENGE 2024

EVENT INFORMATION

Period of January Challenge	: 1 to 31 January 2024 (anytime)
Closing Date for Registration	: 28 January 2024
Period of February Challenge	: 1 to 29 February 2024 (anytime)
Closing Date for Registration	: 26 February 2024
Period of March Challenge	: 1 to 31 March 2024 (anytime)
Closing Date for Registration	: 28 March 2024
Registration Fee	: Free of Charge
Registration (Individual)	: https://web.42race.com/race-bundle/cscpublicservicevrwchallenge

DETAILS

1 **Introduction**

- 1.1 The Public Service Virtual Walk & Run Challenge (PSVWRC) aims to encourage Public Service Officers and members of the Civil Service Club (CSC) to break up sedentary behaviour and brisk walk their way to meet the recommended [Singapore Physical Activity Guidelines](#) of 150 minutes to 300 minutes of moderate-intensity aerobic physical activity per week. Start the 2024 stronger with the New Year Challenge!
- 1.2 The PSVWRC is a three-event series held over three months (January, February and March). Each event comprises the following five milestones:
 - a) Milestone 1: 20km
 - b) Milestone 2: 50km
 - c) Milestone 3: 80km
 - d) Milestone 4: 120km
 - e) Milestone 5: 160km

1.3 Distance is cumulative over the milestones. For example, a participant who has completed 20km to achieve Milestone 1 would need to run additional 30km to achieve Milestone 2 (total 50km).

1.4 Participants* who have achieved [at least 150 minutes of moderate to vigorous physical activity \(MVPA\) per week](#) during this event will also contribute to the participating agency's achievements in the National Steps Challenge™ Public Service Corporate Challenge.

**Participants will need to sign up for Public Service Corporate Challenge, and have a fitness tracking device paired to contribute to their agency's achievements.*

2 Eligibility

2.1 The PSVWRC is open to members of the Civil Service Club, Public Service Officers and employees of registered former Statutory Boards. Participation is free of charge.

3 Registration

3.1 Registration can be done individually at <https://web.42race.com/race-bundle/cscpublicservicevrwchallenge>.

3.2 Registration is free of charge.

3.3 Participants can either register for the 3-month Challenges or the single month Challenge.

4 Closing Dates

4.1 The closing dates of registration for the three challenges are as follow:

<u>Month</u>	<u>Closing Dates</u>
January 2024	28 January 2024
February 2024	26 February 2024
March 2024	28 March 2024

5 Periods of Run

5.1 Participants can run at their own pace and time at any locations, to achieve the target distances during the stipulated periods.

5.2 Participants must complete their run activities anytime within the following stipulated periods:

<u>Month</u>	<u>Period</u>
January 2024	1 to 31 January 2024
February 2024	1 to 29 February 2024
March 2024	1 to 31 March 2024

6 Rules and Regulations

6.1 Participants must complete the stipulated distances of the milestones within the stipulated event period, to unlock e-badges. Any distance covered before or after the stipulated event period will not be considered.

6.2 Participants can complete the distance in a single session or split into multiple submissions. Each submission can be of any distance value. There is no limit on the number of submissions you can send.

6.3 Participants are **not** allowed to use indoor treadmills to do their run activities.

6.4 The event is based on honour system and the organiser will do periodic checks on participants' submissions. Accounts of participants may be suspended if fraudulent results are found.

7 Submission of Run Data

7.1 Participants must submit their run activity data by **2359 hours on the last day of the periods stipulated in Para 5.2. No extension of time is allowed and late submissions will be disqualified.**

7.2 To submit activity data, a participant needs to go to "Profile" and scroll down to "Joined Events". Once an event is open for submissions, a "Submit" button will appear for submission of results.

7.3 The following GPS-based apps and running gadgets (eg. Garmin watches) are accepted.

- | | |
|-------------------|------------------|
| a) Runkeeper | f) Endomondo |
| b) Map My Run | g) Strava |
| c) Nike Run Club | h) Fitbit |
| d) Runtastic | i) Mi Fit |
| e) Garmin Connect | j) Apple Fitness |

7.4 There is no limit to the number of submissions a participant can upload.

7.5 All Pedometer applications are not accepted. Photo of pedometer screen, treadmill activity and fitness watch are not accepted.

8 Lucky Draw Prizes and Awards

8.1 Participants must complete at least 50km in order to qualify for the Lucky Draw. Participants who completed at least 120km will qualify for the Premium Lucky Draw. Participants must complete at least 120km in all three events in order to qualify for the Grand Lucky Draw. They shall receive the following prizes:

LUCKY DRAW	PERIOD	WINNERS	PRIZES
Lucky Draw for Milestone 2 and above (Min 50km)	Jan	50 Winners	Black Fun Pack
Premium Lucky Draw for Milestone 4 and above (Min 120km)	Jan	5 Winners	Mini Massage Gun Set
Lucky Draw for Milestone 2 and above (Min 50km)	Feb	50 Winners	Yellow Fun Pack
Premium Lucky Draw for Milestone 4 and above (Min 120km)	Feb	5 Winners	Mini Massage Gun Set
Lucky Draw for Milestone 2 and above (Min 50km)	Mar	50 Winners	White Fun Pack
Premium Lucky Draw for Milestone 4 and above (Min 120km)	Mar	5 Winners	Mini Massage Gun Set
Grand Lucky Draw (Min 120km)	Jan - Mar	1 st 2 nd 3 rd 4 th 5 th	\$100 Voucher \$80 Voucher \$60 Voucher \$50 Voucher \$50 Voucher
AWARDS			
Best Supporting Agency - Div I	Jan - Mar	SLOs* from Top 3 Agencies	\$50 Voucher
Best Supporting Agency - Div II	Jan - Mar	SLOs* from Top 3 Agencies	\$50 Voucher
Longest Distance by Agency - Div I	Jan - Mar	Top 3 Agencies	2 Bonus Points for Public Service Corporate Challenge
Longest Distance by Agency - Div II	Jan - Mar	Top 3 Agencies	2 Bonus Points for Public Service Corporate Challenge

§ = Takashimaya voucher

*Maximum 2 SLOs per agency

8.2 Vouchers shall be awarded to the Sports Liaison Officers (SLOs)* from the top three Division I and Division II organisations with the highest number of participants.

- 8.3 Two bonus points shall be awarded to the top three Division I and Division II organisations with the longest distance clocked in aggregate.
- 8.4 The Organisers reserves the right to replace any winners if he/she is found to be disqualified.
- 8.5 All participants who successfully complete the stipulated distances of the milestones, shall be awarded e-badges.

9 Collection of Prizes

- 9.1 Prize winners will be notified by CSC on the collection of prizes within 3 weeks after the completion of event. They may be contacted for an interview by our writers.
- 9.2 Prize winners must produce their staff pass and collection email to claim their prizes.
- 9.3 The collection venue is at Sports Office, Level 3, Civil Service Club, 60 Tessensohn Road, Singapore 217664. Collection hours is on weekdays (except eve of PH and PH), 9am to 5pm.
- 9.4 Prize winners must collect their prizes within the stipulated collection period otherwise they shall be deemed as unclaimed and forfeited.

10 Consent to Collection of Personal Data

- 10.1 Data of each participant will be collected, stored and processed for the purpose of administering and assessing this Virtual Run. By joining this PSVRC, participants consent Civil Service Club on the collection, use or disclosure of your personal data and photographs taken as necessary for any promotion/marketing efforts or media publicity in accordance with the Personal Data Protection Act.

11 Other Matters

- 11.1 Participants must comply with all the safe distancing measures in force, when doing their activities at the different venues.
- 11.2 Participants are advised to be aware of surroundings and watch out for any cyclists / PMD users as well as exercise caution when crossing roads.
- 11.3 Participants are advised to be hydrated and properly attired for their activities. In the event of inclement weather, please seek shelter immediately.

11.4 Participants are advised to either postpone or cancel their activities if feeling unwell.

12 Indemnity

12.1 Participants take part in the event at their own risk.

12.2 The Civil Service Club and their appointed staff or officials will not be responsible for any mishaps, injuries or loss of life that may occur to any participants as a result of their participation in the event.

12.3 The Civil Service Club may, in its sole and absolute discretion and without prior notice, replace, change or substitute any items in prizes with another of similar value.