

# THE OUTRUN RULEBOOK

## Run Your Own Line. Earn Your Mark.

OUTRUN is built on effort, honesty, and earned recognition. These rules exist to protect fairness, credibility, and the value of every result on the leaderboard.

By entering OUTRUN, you agree to the following rules and standards.

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## 1. THE MISSION

Each participant must complete all official OUTRUN stages within the 21-day challenge window.

- Stage 1 –  $\pm 5$  km
- Stage 2 –  $\pm 10$  km
- Stage 3 –  $\pm 15$  km

All stages must be completed on the **official OUTRUN routes** using the supplied Strava segments or GPX files.

You may complete the stages:

- In any order
- On any day within the challenge window
- With unlimited attempts

Only your **best verified time per stage** will count toward the leaderboard.

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## 2. ROUTE COMPLIANCE

All runs must:

- Follow the official Strava/GPX route as provided
- Start and finish within the defined route boundaries
- Be completed in one continuous effort

Shortcuts, altered routes, transport-assisted segments, or incomplete routes will result in **automatic disqualification** for that stage.

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## 3. ACTIVITY TRACKING & STRAVA REQUIREMENTS

All runs must be recorded using:

- A GPS-enabled device
- Linked to your verified Strava account
- Synced to the official OUTRUN leaderboard system

Each activity must:

- Be set to **public or visible to OUTRUN**
- Show full GPS route data
- Include elapsed time, moving time, and distance

Private, incomplete, or edited activities may not be accepted.

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## 4. HEART RATE & PERFORMANCE VALIDATION

To ensure legitimacy at podium level, the following applies:

For **route winners and overall podium contenders**, OUTRUN may require:

- Visible heart rate data
- Historical performance comparison
- Previous Strava activity review
- Device verification

Unrealistic performances, missing biometric data, or suspicious patterns may be flagged for review.

OUTRUN reserves the right to:

- Request additional proof
- Conduct manual result audits
- Disqualify results deemed inconsistent or manipulated

All leaderboard positions are provisional until verified.

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## 5. FAIR PLAY & CHEATING POLICY

The following are strictly prohibited:

- Using bicycles, vehicles, or assistance
- Pausing and resuming activities to improve time
- Editing activity files or GPS data
- Using someone else to complete a stage
- Uploading treadmill or indoor activities
- Sharing accounts or results

Any attempt to manipulate results will result in:

- Immediate removal from the leaderboard
- Loss of eligibility for prizes and recognition
- Possible permanent ban from future OUTRUN events

OUTRUN is built on trust. Protect the integrity.

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## **6. LEADERBOARD & RANKINGS**

Leaderboards will reflect:

- Stage rankings
- Overall time rankings
- Gender categories
- Age group categories
- Special recognitions

Only verified and approved runs will appear.

Leaderboard updates may occur:

- Automatically through the OUTRUN system
- Or manually after verification

All leaderboard decisions made by OUTRUN are final.

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## **7. PRIZES & RECOGNITION**

Prize eligibility applies only to:

- Premium and Apex categories
- Fully verified participants
- Runners who complete all stages within the official time window

Route winners and overall winners may be required to:

- Provide additional data verification
- Attend the medal ceremony (if possible)
- Participate in media or Instagram features

Failure to comply may result in forfeiture of prizes.

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## **8. MEDALS & FINISHER STATUS**

Finisher medals are awarded only to participants who:

- Complete all three stages
- Follow all rules and route requirements
- Pass verification checks

Medals may be collected:

- At the official ceremony
- Or at a designated collection point

Medals will not be issued for incomplete or disqualified missions.

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## **9. SAFETY & RESPONSIBILITY**

Participants run entirely at their own risk.

Each runner is responsible for:

- Choosing suitable running times
- Monitoring weather and trail conditions
- Carrying hydration and safety gear
- Obeying traffic laws and trail regulations

OUTRUN is not responsible for:

- Injuries
  - Accidents
  - Loss or damage of equipment
  - Health-related incidents
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## **10. FINAL AUTHORITY**

OUTRUN reserves the right to:

- Amend rules at any time
- Disqualify participants
- Withhold prizes
- Modify leaderboard structures
- Interpret all rules and results

All decisions by OUTRUN management are final and binding.

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**Run with integrity. Compete with honour. Earn your mark.**