

fisiocrem
GC50
Run Festival

2020 VIRTUAL RACE GUIDE



fisiocrem
GC50

HOME RACE KIT

Run Festival





WELCOME MESSAGE

Thank you for supporting the fisiocrem GC50 Run Festival this year and purchasing one of our Home Race Kits. By now, you should have received your Home Race Kit in the mail, which includes your 2020 singlet, medal and 60g tube of fisiocrem for recovery!

Some of our partners have put together some exclusive discounts and offers for you too, that can be found within your delivery.

The Home Race Kit was introduced this year following the ever changing inter-state border situation and COVID-19 restrictions throughout the country. Whilst we've been fortunate to be able to deliver the 2020 fisiocrem GC50 Run Festival here in Queensland, we're sorry that many of you were unable to join us in Coolangatta for the twenty fourth annual running of the 'GC50'. We hope that you can be with us in 2021!

In the meantime, we've compiled this short guide to provide you with all the information you will need to complete your virtual participation in the event.

Wherever you may be completing your run, we wish you the best of luck and can't wait to see your finish line photos on social media. Tag us > @gc50runfestival 📷

Participation can be recorded using your own device (watch or run tracker) - We'll email you a link to upload your performance / times for this option.

Alternatively, you can participate by downloading the Sports Tracker App - and we've detailed the steps involved for this within this document.

Good luck! Team GC50





FOR THE TEMPORARY RELIEF OF MUSCULAR ACHES AND PAINS



AVAILABLE AT
Coles Supermarkets, Pharmacies & Health Stores

SHOP NOW

USING THE APP

1

GET STARTED - DOWNLOAD THE APP

Download the **SportSplits Tracker** from the Apple App Store or Google Play Store.



2

SEARCH FISIOCREM GC50 RUN FESTIVAL

Search for the fisiocrem GC50 Run Festival and Sign In or Create your SportSplits Tracker account. Note: It's important that you either sign up/sign in to the SportSplits Tracker with the email address you registered with (preferable), or know the email address that was used at the time of registration.

3

CLAIM YOUR PROFILE

Search for your name and claim your profile in the App. NOTE: Only one athlete can be 'claimed' per account. If you have more than one athlete registered under the same email address, each athlete will be required to sign in to separate accounts, and claim their own profile.

4

ENABLE LOCATION SERVICES

Enable Location Services (GPS) and Activity / Motion when prompted.

USING THE APP

5

PRACTICE!

Let's Go! Test out the app, ensure you are familiar with starting and finishing the race so you are ready to go on race day!

Only your runs that are recorded on either Saturday 5th or Sunday 6th December will count towards your time in the event, so don't worry about your pace when practicing.



6

RACE WEEKEND!

Whenever and wherever you chose to run between 5am on Saturday 5 December and 6pm on Sunday 6 December, just open the Sports Splits app and push 'Start'.

We'll track you as if you're running the actual GC50 course - no matter where you are. Your results will be automatically uploaded when you reach the required distance for your event (i.e. 15km).

You'll be able to view your place on the leaderboard within the app.



DON'T WANT TO USE YOUR PHONE?

STRAVA

NOT A PROBLEM!

You can connect your Strava account to your claimed profile within the Sport Splits App. Once you have connected your Strava account within the app, you'll be able to submit a run (that is equal to or longer than your required event distance) as your Virtual submission. Please note that the run needs to occur between Saturday 5 December at 5:00am - 6:00pm Sunday 6 December.

We recommend practicing with the app prior to event day and contacting info@goldcoast50.com should you have any queries ahead of event weekend.

Good luck everyone!



ATHLETE TRACKER

FOLLOW ALL THE ACTION, LIVE!

The 2020 fisiocrem GC50 Run Festival Live Results is also available via the SportSplits Tracker Mobile App on event weekend. After you have completed your run, you can check in on the progress of other runners via the app.

VISIT WEB VERSION

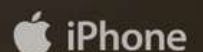
DOWNLOAD APP

Participants, Family & Friends can all use Live Results to share in the excitement. On race day, spectators can get status of participants in real-time using the Live Tracker & Leaderboard. Details such as time, pace, position on the map and estimated finish will be instantly available!

- **Live Web Tracker** - See times and current pace within seconds of a participant crossing each split point. Estimated times will be provided based on current pace.
- **Live Leaderboard**
- **Live Map Tracking** - Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.



Download the SportSplits Tracker Mobile App at <https://rtrt.me/app/2300> and select the 2020 GC50 event.



PARTNERS

Thank you to all event partners for their support of the 2020 fisiocrem GC50 Run Festival.

