

Annexure B: RISE Challengers:

Please read complete rules before following this annexure

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

Running:

Kms	Points	Max. activities allowed in a month
1	-	
2	-	
3	3	No Limit
4	5	
5	5	
6	7	
7	7	
8	7	
9	13	
10	13	
11	13	
12	18	2
13	18	
14	18	
15	25	
		1

*Points will be considered in 2 decimals. In a month, Maximum 1 run of 15 kms, maximum 2 runs of 11-14 kms and maximum 3 runs of 8-10kms allowed. Minimum distance is 3km. Activity below minimum distance won't be considered for Bonus as well.

Cycling:

Kms	Points	Max. activities allowed in a month
1	-	
2	-	
3	-	
4	-	
5	-	
6	-	
7	2.5	No Limit
8	2.5	
9	2.5	
10	2.5	
11	3.75	
12	3.75	
13	3.75	
14	3.75	
15	3.75	
16	4.5	
17	4.5	
18	4.5	
19	4.5	
20	4.5	
21	4.5	
22	5.7	
23	5.7	
24	5.7	3
25	5.7	
26	5.7	
27	5.7	
28	7.8	
29	7.8	
30	7.8	
31	7.8	
32	7.8	

*Points will be considered in 2 decimals. Maximum 1 ride of 45 kms, maximum 2 ride of 33-44 kms and maximum 3 ride of 24-32 kms allowed. Minimum distance is 7km. Activity below minimum distance won't be considered for Bonus as well.

Kms	Points	Max. activities allowed in a month	
33	10	2	
34	10		
35	10		
36	10		
37	12.75		
38	12.75		
39	12.75		
40	12.75		
41	12.75		
42	12.75		
43	12.75		
44	12.75		
45	16.25		1

Important Points :

- **Max distance allowed for CHALLENGERS in November**

	Running Only	Running & Cycling	
	Running	Running	Cycling
RISE Challengers	145 Kms	90 Kms	185 Kms

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

- **PACE LIMIT : 13 mins per km per activity. Pace will be based on Average Elapsed time and not Average Moving Time.**