

Annexure C: RISE CHAMPIONS (Kids):

Please read complete rules before following this annexure -
<https://www.kalyandombivlirunners.com/rise-winter-challenge/rise-2024-rules>

Running:

		Max. activities allowed in a month	
Kms	Points	Running Only	Running + Cycling
1	-		
2	7	No Limit	
3	11		
4	14		
5	17		
6	20		
7	23		
8	26	2	1
9	28		
10	38		

*Points will be considered in 2 decimals. Min Distance 2 kms.
 Running: 2 Runs of 8-10k allowed in a month.
 Running + Cycling: 1 Run of 8-10k allowed in a month.

Cycling:

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

*Points will be considered in 2 decimals. 1 Ride of 21-30k is allowed in a month. Min Distance is 4 kms.

Important Points :

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

	Running Only	Running & Cycling	
	Running	Running	Cycling
RISE Champions	90 Kms	55 Kms	120 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.**