



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

To the IAU Member Federations.

Dear General Secretary

IAU Virtual Global Solidarity Weekend 18th – 19th March 2023.

The IAU 6 Hour Global Solidarity Run has been an overwhelming success and popular amongst the ultrarunners. An event that was initiated to bring the IAU family together during the pandemic has become a source of hope and a beacon of optimism for the global ultrarunning community.

As a result of this resounding demand, we had designated the third weekend of March as the IAU Global Solidarity weekend in recognition of the difficult times endured by all during the pandemic and now during the recovery period. This year's event is being organized on **March 18-19th 2023**. It will follow the same format as previous years and is listed further down in this document.

We sincerely hope that your federation will participate in this event and be part of this growing ultrarunning experience. Furthermore, we also look forward to seeing you at one (or several) of our IAU championships that are planned for later this year.

How it works:

Same process at the Global Solidarity Weekend 2021/2022

This will be a 6H run on the 2023 IAU Global Solidarity Weekend.

We invite you, our member federations, to nominate up to 9 male and 9 female athletes to take part in a virtual 6 Hour race which could be run at any time on either Saturday 18th or Sunday 19th March 2023 - on those dates in your own time zones.

Athletes could run indoors or outdoors but would need to record their performances on one of the many sports platforms like Strava or Garmin.

Federations – or their nominated “team manager” would need to verify and check their athletes’ performances and then submit their tabulated results to the IAU.

Post event:

A member of the IAU Communication team will contact each federation who submits a team entry and will then after the event will be in touch to collect results, photographs, videos and any comments from your teams.



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The Communication team will author a number of articles spotlighting each federation and their athletes featuring comments, photographs and videos highlighting their experiences. **There will NOT be a ranking list** as this is a run signifying global solidarity amongst the ultrarunning family.

Timetable:-

Entry form. Deadline March 10th 2023

The entry form attached is a very simple "FEF" to complete and send to 2023.VGSW@iau-ultramarathon.org by **March 10th**. This gives us the list of your athletes taking part, an estimate of the distance they are going to try to achieve and the key individual for the Communication team to contact and who will act as team manager to coordinate the results. The form can also be used after the event to enter the results for your athletes.

IAU 6 HOUR GLOBAL SOLIDARITY RUN

18th & 19th March 2023

Deadline Results Submission Monday 20th March.

Your athletes must run at any time in one continuous six-hour block over the weekend Saturday 18th/Sunday 19th in your own time zone. Results will not count for publication if they are done outside of these designated dates.

As most countries now allow athletes to compete together, you may have your own race and/or virtual race with a specific start time. Otherwise, athletes can compete either indoors or out in their own space but must record the activity and give your nominated team manager those results.

The results should be submitted to the IAU no later than March 20th. The IAU communication team will then be in touch about the experiences of your team which will be published on the IAU website and social media.

You also might like to consider that the athletes could use the occasion to raise money for charities close to their hearts.

Just to make it more fun, some IAU Executive Council members will also take part again!

Looking forward to hearing from you.

Hilary

Hilary Walker
IAU General Secretary
17th February 2023