



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

To the IAU Member Federations.

Dear General Secretary

IAU Virtual Global Solidarity Weekend 20th – 21st March 2021.

The Global Solidarity Run was a resounding success last year. The global community has gone through several hardships last year. However, given the uphill challenge, the ultra community has stepped up and found ways to stay active and motivated. We wanted to highlight this and have designated the third weekend of March as the IAU Global Solidarity weekend.

The majority of our ultrarunning federations are still extremely affected by the evolving Covid-19 situation. Our IAU global championships are now being held in the autumn months for this year with The Global Solidarity Weekend taking place on 20-21st March 2021.

Obviously, your athletes will only be able to compete if your country's COVID-19 status and regulations allow as health and safety for all is our priority. We are aware that some countries will not be able to participate at this time.

How it works:

Same process at the Global Solidarity Run 2020

This will be a 6H run on the 2021 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 20th or Sunday 21st **March** 2021 - 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.

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.



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Timetable:-

Entry form. Deadline February 28th.

The entry form attached is a very simple “FEF” to complete and send to me by [February 28th](#).^t 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

[20th & 21st March 2021](#)

Deadline Results Submission Monday 22rd March.

Your athletes must run at any time in one continuous six-hour block over the weekend Saturday 20th/Sunday 21st in your own time zone. Results will not count for publication if they are done outside of these designated dates.

If your country allows 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 22nd. 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 may also take part depending on their country' COVID status and health and safety priorities!

Looking forward to hearing from you.

Hilary

Hilary Walker
IAU General Secretary
3rd February 2021