



## INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

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To the IAU Member Federations.

Dear General Secretary

### **Proposal to hold an IAU Virtual 6H Event: "IAU 6 HOUR GLOBAL SOLIDARITY RUN"**

Athletes need to have some motivation to train and compete during these difficult times but need to do so safely. The majority of our ultrarunning federations have been drastically affected by the Covid-19 crisis. Regretfully, we have needed to cancel most of our championships this year which has led to athletes losing their goals and short-term ambitions. In the spirit of universal camaraderie and uplifting of the morale, we have planned a virtual "IAU 6 Hour Global Solidarity Run" for our ultrarunning family to engender athletic interest and friendly global fun.

#### **How it would work:**

This will be the IAU 6 Hour Global Solidarity Run

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 on either Aug 29th or Aug 30th.

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.

#### **Timetable:-**

#### **Entry form. Deadline July 31<sup>st</sup>.**

The entry form attached is a very simple “FEF” to complete and send to me by July 31<sup>st</sup>. 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



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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**

**Saturday 29<sup>th</sup> or Sunday 30<sup>th</sup> August. Results Deadline September 1<sup>st</sup>.**

Your athletes must run at any time in one continuous six-hour block over the weekend August 29<sup>th</sup>/30<sup>th</sup> 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 September 1<sup>st</sup>. 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, an IAU Executive Council team will also take part!

Looking forward to hearing from you.

*Hilary*

Hilary Walker  
IAU General Secretary  
30<sup>th</sup> June 2020.