

Evo Virtual Challenge

Thames
hospice

**ANYTHING IS
POSSIBLE**



evo

**RAISE
YOUR
Game**

TO RAISE THE ROOF

Help us revolutionise
hospice care



COVID-19
Coronavirus

Virtual Races

For all abilities
Adults, kids or family
Race for real medals
Have fun and keep active
Raise money for charity

Evo Beat The Lockdown Virtual Series

In these unprecedented times when we all need to stay at home to protect ourselves and society at large, we are launching a virtual racing series. Following the success of our members competing in Virtual Challenges, we are launching our very own Evo Beat The Lockdown Virtual Series.

Evo Beat The Lockdown Virtual Series

Keeping us connected, fit and mentally healthy at this time, we aim to raise some funds to give to the Thames Valley Hospice, which not only has cared for some Evo's with cancer in recent times, the hospice looks after many people from the local community with end of life care.

Evo will donate £5 for every person participating each of its races to The Thames Valley Hospice.

We Ask participants to also pay a donation that they are comfortable with to this link

<https://www.paypal.com/pools/c/8onaUS5Xn2>

You can pay by card or use your PayPal account if you have one

Final event of the 3!

5th – 8th June (Fri - Mon) - Ascot, Wimbledon & Tour De France



BONUS.....

SHOULD YOU FINISH ALL 3 EVENTS, you will receive A SPECIAL **BIG** MEDAL/AWARD (none of this virtual medal business)

These medals are bespoke, hand made with love!



All we ask is that you record your participation and send it to us as proof, **NO CHEATING!** For Kids races, Parents could send photos and times taken for each discipline of events. kevin@evotri.co.uk

THE FORMAT

Three events, three weekends, **THREE MEDALS!!** But it could be 4 😊

Race virtually with the Evo & Triathlon communities or family and friends from within the boundaries of your home and immediate surroundings.

All competitors welcome.

Don't worry if you don't have a running machine or a turbo trainer, we're looking forward to seeing, running in the garden, down the corridor or even stair running and cycling with your back wheel up on bricks!. Thinking up creative ways to complete your race is an essential part of the fun!

Please note: We don't want any accidents so please where possible do your bike legs on the turbo trainer or static bike. If not just be careful out there, and pick routes wisely. WhenRunning pick quiet routes too if you can't run at home.

We want competitors to **comply with Government Advice to Stay Home, Protect the NHS and Save Lives.** Be sensible and responsible.

We and your fellow participants are counting on your integrity and honesty when timing each leg and submitting your results.



Evo Challenges you have all weekend (Fri to Mon) to complete if you want to



Duathlons

The Mentalist 21.1K run / 180K bike/ 21.1K run

Middle Distance 21.1K run / 90K bike / 10k run

Olympic 10K run / 40K bike /5K run

Sprint 5K run / 20K bike /2.5k run

Novice 2.5K run / 10K bike / 1.25K run

Junior 13-14yrs 2K run / 8K bike / 1K run

Junior 11-12yrs 1.5K run / 6K bike / 1K run

Junior 8-10yrs 1K run / 4K bike / 750m run

Junior 7yrs & under 750m run/2Kbike /250m run

Evo Challenges you have all weekend (Fri to Mon) to complete if you want to



Run only challenge

Snickers 42K Run

Half 21.1K Run

10K 10K Run

5K 5K Run



Evo Challenges you have all weekend (Fri to Mon) to complete if you want to



Cycle only challenge

THE CENTURIAN 161km (100 miles)

THE BIG ONE 100km (62 miles)

EARNED YOUR CAKE 60km (37 miles)

THE MARATHON 42km (26.2 miles)

TWENTY is PLENTY 20km (12.5 miles)

THE JUNIOR 10km (6.2 miles)

THE JUNIOR 5km bike ride or scooter (3.1 miles)



To confirm your participation, simply email

Kevin@evotri.co.uk with these details

Name, DOB plus the races you want to participate in

Your Address for medal posting.



Sign up and why not donate a minimum of a fiver to the Thames Valley Hospice

We thank you for your valuable support!

This is the link to donate

<https://www.paypal.com/pools/c/8onaUS5Xn2>

