

April 15<sup>th</sup>, 2020

**Notice of virtual race: Sri Chinmoy Ultras 2021  
and Virtual Race Invitation**

Dear ultra runner-friends:

As a way of keeping the spirit of our 2021 race alive, we are offering you the idea of participating in a ‘virtual race’. That is to say, we invite you to run any distance—10Km, marathon, 50Km, or your own choice of distance. We will then post your results on our website. Conditions for participation are as follows:

1. This virtual or ‘on your own’ race takes place on the weekend of Friday, July 23<sup>th</sup> to Sunday, July 25<sup>th</sup>, 2020. You may choose where, when, distance and even your start and finish times.
2. We suggest you do not run too far from your ‘home base’, so that you can hydrate, eat, have a change of clothes, etc. You may run with a family member if you wish.
3. After your race, please send us the following information:
  - Name
  - Age
  - Gender
  - Distance in Km
  - Start & Finish Times
  - Location (town or city)
  - Race Experiences: incidents that happened, funny moments, special challenges, etc.
4. Send us this info by 9:00 p.m. on Monday, July 28<sup>th</sup>, 2020. We will post all results on our official site. Kindly email your results to: Utsahi St-Amand: [nstaman@uottawa.ca](mailto:nstaman@uottawa.ca)

Please note that you will not be able to establish or break an official record in the context of this race.

We look forward to your virtual race participation! Our very best wishes to keep well and safe. Have a great summer! We will miss you!

Utsahi (Director) and organisers  
Sri Chinmoy Marathon Team