

**As part of the staging of 24 The Hard Way in 2021, we are instituting the following in response to the concerns created by the COVID-19 Pandemic**

**Move the Multi-Option Event to a Virtual event to reduce the possible spread of COVID-19 as a result of staging the event:**

Unlimited number may participate in virtual event

Virtual registration deadline 10/6 at 12:01am

Virtual has till 12:01a 10/18 to do 6,12,24 hours

All efforts/hours must be logged in a spreadsheet with:

Date of effort/s\*

Amount of time running\*

Miles covered\*

\*(Can be one day or multiple/ must run for the total number of hours you signed up for)

Two award groups:

Proven ( Pics of gps or Strava data must accompany above info)

Honor (Just your word)

Awards 1,2,3 Overall (No Age Groups)

Everyone will get a participation Award/Coin

Awards, shirt, and swag will be sent to athletes after event