

FREQUENTLY ASKED QUESTIONS (“FAQ”)

- Q1 : How do I register for 7th KL Bar Run 2021?
 A1 : Please go to <https://cps4.me/KLBVR21>.
- Q2 : Can I submit my registration manually to KL Bar Secretariat?
 A2 : No. All registrations have to be submitted online via Checkpoint Spot. You may however request Checkpoint Spot to assist you in attending to online registrations but there will be surcharge imposed by Checkpoint Spot
- Q3 : Where is the venue for 7th KL Bar Run 2021?
 A3 : Due to the Covid-19 pandemic, 7th KL Bar Run 2021 will be held virtually. You can run on your own anywhere outdoor, at a location of your choice.
- Q4 : When is the registration cut-off date?
 A4 : Registration cut-off time is 11th June 2021 (Friday) 11.59pm Malaysian time. No late registration will be entertained.
- Q5 : Can I cycle the race distance?
 A5 : No. This is a run, not a cycling event. Any use of equipment such as roller blades, e-scooters, bicycles, motorcycles, and any form of vehicle, machinery, equipment whether powered by electronic means or otherwise and whether in part or in whole are STRICTLY PROHIBITED.
- Q6 : Can I run on treadmill or Skillmill™?
 A6 : No.
- Q7 : I am a practising lawyers but my friends who are not, would like to participate. Can I form a team with them?
 A7 : No. This race is opened strictly to LL.B holders. There must be at least 2 lawyers who are practising in Malaysia and/or pupils reading in chambers in Malaysia in the team. The third person could be a LL.B holder who is not practising.
- Q8 : I am a practising lawyer but my team mate A is an in-house legal counsel in Malaysia whilst team mate B is a practising lawyer in Australia. Can I form a team with them?
 A8 : No. Each team must has minimum 2 practising lawyers who are practising in Malaysia and/or pupils reading in chambers in Malaysia. Hence, you can only choose either A or B as the third person provided A or B holds a LL.B degree.
- Q9 : My Strava app shows that I have run 3.12km instead of 3km. Can I adjust my timing to reflect only the elapsed time for 3km instead of 3.12km?
 A9 : No. Even if there is an over distance, we will still take the entire elapsed time for 3.12km.

- Q10 : According to my wearable device, I have ran 3km but when I uploaded it to the Strava app it shows 2.99km?
- A10 : We will only recognise the distance shown in the Strava result. You will have to run again to complete a full 3km distance, failing which you will be disqualified. We suggest that you carry out a few test runs before the race and to calibrate your wearable device accordingly, if need be.
- Q11 : What is elevation gain?
- A11 : Elevation gain means the **cumulative elevation gain throughout the race course**. In this race, it means the cumulative elevation gain for the entire 3km. **You are required to have “0” or a positive elevation gain** for your race distance of 3km. For example, your 1st km may have a positive gain of 2m but your subsequent 2nd and 3rd km show elevation gain of -1m (slight downhill) each, hence the cumulative elevation gain will still be “0” (2-1-1). In another example, if the 1st and 2nd km of your race distance show an elevation gain of -5m each but your 3rd km shows elevation gain of 2m, you will have a total elevation gain of -8m (-5-5+2) i.e. a negative elevation gain (in layman terms, more downhill than uphill). Run submission with cumulative negative elevation gain will be disqualified. We suggest you carry out a few test runs before Race Day to get yourself familiarised with your intended race course.
- Q12 : The Moving Time on my Strava App shows 18m:03s but the Elapsed Time shows 19m:04s, which timing will be taken into consideration?
- A12 : The Elapsed Time of 19m:04s. Usually the difference is due to temporary cessation of movement, for e.g. when you stop and drink water, or when you stop to cross the road. Please select your race route wisely.
- Q13 : Do all the runners in the team need to run together?
- A13 : No. The runners in the team could run at any time at anywhere within the Race Period as long as they each completed a distance of 3km and their results are submitted to Checkpoint Spot before the Results’ Submission Cut-Off Time.
- Q14 : If one of the runner in my team could not complete the 3km distance within the Race Period, would the other team members still be entitled to the finisher medals?
- A14 : No. But your team will still receive the Event Tee.
- Q15 : Can I participate in more than one team?
- A15 : No. Each person can only participate in one team. We reserve the rights to disqualify the runner and/or the entire team in the event it comes to our knowledge that one runner is running for other team members and/or running for multiple teams.
- Q16 : If I could not participate in the virtual run within Race Period can I get a refund of my registration fee?
- A16 : No. The registration fee is not refundable. You will however receive the Event Tee but not the Finisher Medal.

- Q17 : My Strava results could not synced or does not appear on Checkpoint Spot's dashboard. What could I do?
- A17 : There will be technical glitches such as these due to various reasons such as outdated software, incompatible devices, limitations imposed by Strava, etc. However, there is an option to submit your results manually. You will need to insert all the data required under 'manual submission' and provide screenshots of your Strava apps to validate the results.