

MAAC

Click Here to Form Group, Donate or Upload Results: [R.I.O.T Virtual Charity Run Form](#)



R.I.O.T. (Running Is Our Therapy) target to raise funds for the purchase of 200 Chromebooks to be donated to underprivileged kids from selected orphanages and shelter homes; and pay tribute to the 20th Anniversary of the Malaysia Australia Colombo Plan Commemoration (MACC) Scholarships program through a Charity Virtual Run!

Registration period : Up to 24th November 2022 (Thursday) 23:59hrs
 Result submission deadline : 3rd December 2022 (Saturday) 12:00hrs
 Registration Fee : RM55 each
 Categories : i) 5km Individual AND ii) Group Challenge >42km (minimum)

1. All participants are to download and register at the VSure.life app: www.vsure.life/dl
2. Register before **30th October 2022** and receive your entitlement to goodies and our dri-fit t-shirt for your run/ walk and chances to win more prizes on FB & IG.

3. Categories of the run:

● **5KM Individual Walk/ Run**

- *You may RUN and/ or WALK anywhere, anytime! Complete the mission within the stipulated 3 days, either in one go or accumulate the kilometres through a few running sessions.*
- **How to submit your results?**
 - Take a photo of yourself in our R.I.O.T running shirt
 - A screenshot of your running app or capture a photo of the treadmill screen showing the distance completed.
 - Upload the above item (i) and (ii) onto [R.I.O.T Virtual Charity Run Form](#) as proof of running/ walking and an E-cert will be on your way!

● **HELP US TO RAISE MORE FUNDS! GROUP CHALLENGE – combined 42KM or more**

- Total of 4 registered runners can form a group. If your members have not registered, do so now at VSure.life app: www.vsure.life/dl
- What your team can do:
 - BE A FUND RAISER - Raise funds with your team from the community.
 - GROUP CHALLENGE - each group must complete a minimum of 42km to qualify for the Digital Trophy challenge.
- *Each runner is identified with a unique identifier, i.e., the VSure Policy Number, IC number and IC Name, as you will need these information for submissions of run/ walk results.*
- Remember to give your group a great name! Register your team via our form [R.I.O.T Virtual Charity Run Form](#)
- *Your team may RUN and/ or WALK anywhere, anytime! Complete the mission within the stipulated 3 days, either in one go or accumulate the kilometres through a few running sessions.*
- **How to submit your results?**
 - Take a photo of your team in our R.I.O.T running shirt
 - Screenshot your running app or capture a photo of the treadmill screen showing the distance completed.
 - Upload the above item (i) and (ii) onto [R.I.O.T Virtual Charity Run Form](#) as proof of running/ walking and an E-cert will be on your way!
- Weekly updates on Fund Raising Status for the GROUP CHALLENGE with distance completed will be posted on our social media ...may the best team win!

4. Two (2) Digital Trophies will be awarded to

- **The MOST fund raised**
- **The longest distance completed**

5. How to win more prizes on FB and IG

- Take a photo of yourself or your team in our R.I.O.T running shirt while doing your run.
- Post the photo to your FB or IG account (please make sure your account is set to public) and tag Post on FB or IG. The “most likes” will win a prize of RM 100!
- Please tag all your posts, IG REEL, and FB with the following hashtags:
#RIOTforacause #runforcharity #MAACvirtualrun
#maccscholarships #macc20anniversary #MAAC #VSURELIFE

**Hashtags to get all the runners to add to their posts when they post on FB & IG to win the MOST LIKES game

