GREAT AUSTRALIAN CROSS COUNTRY CHALLENGE
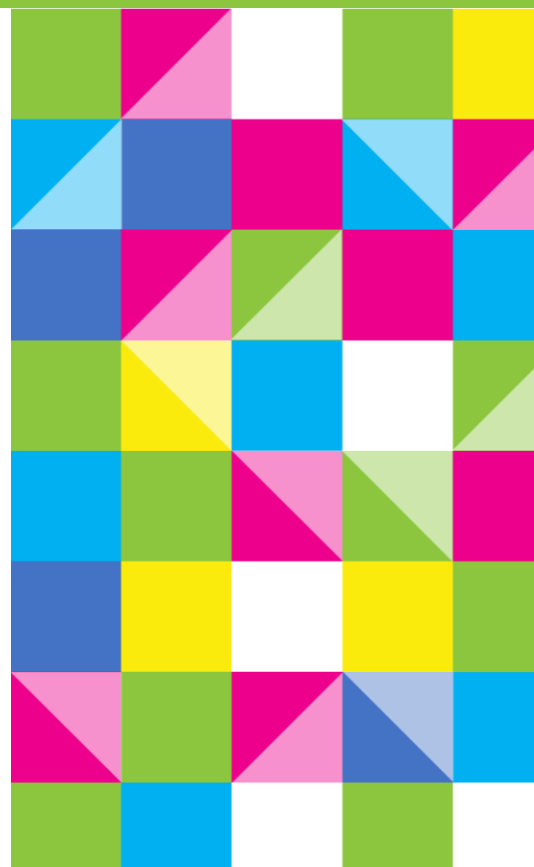
MAY | JUNE | JULY | AUGUST

Student And Parent Information Pack.

Everything you need to get registered, racing and recording your results virtually!

Get connected with GACCC online:
- **Facebook**: @greataustralianccc
- **Instagram**: @greataustralianccc
- **Twitter:** @GACCChallenge
- **Hashtags**: #GreatAustralianXChallenge, #GACCC

All You Need To Know.

What is GACCC?

The Great Australian Cross Country Challenge is a "virtual race" meaning you still go for a run (or walk), but you can choose where and when. It can be outside, on a treadmill, alone or with others (within social distancing guidelines of course!).

The specifics.

1.

Cost.

Your school is registered and so you get to participate for free! When completing your registration simply add the PROMO CODE supplied by your teacher.

2.

When.

You can start running and recording your results from May 15 – August 31, 2020. Race as many times as you like, submitting your best result.

3.

Where.

On any surface you like – sand, grass, footpath, roadside, or on a treadmill Make sure you stay safe at all times and ensure an adult knows where you are.

How does it work?

1.

Register.

To register for GACCC, head to gaccc.com.au. When completing your registration, add the PROMO CODE supplied by your teacher.

2.

Run/ Walk.

Run, walk, roll or stroll your way through your age division distance, using your mobile or watch to track your distance and time.

3.

Record.

Visit the Results Hub at gaccc.com.au to upload your results and see where you're coming in your region, state and around Australia.

Frequently Asked Questions.

What do I get with my registration?

With your Registration into the Great Australia Cross Country Challenge, you will receive a Virtual Bib, Virtual Medal, Digital Finisher's Certificate, access to great health and training tips from our ambassadors and a chance to win prizes from ASICS. Finisher medals can be purchased for $12 at time of registration.

Do I have to be a good runner?

Not at all. The beauty of this is you can run or walk at your own pace. No one is watching, it's just you trying your best. It's about staying active during these times and even creating a bit of school or club spirit. You don't have to record your times if you don't want to. Just enjoy getting out and active!

Does every student at my school need to participate?

Each individual school will decide how they wish to run the challenge however we encourage all students to have a go!

Can I earn points for my house?

Schools can register their houses and if your school chooses to do so, you can earn points for your house. Please chat to your teacher for more information.

How do you even know I've run the distance?

When you submit your result, we ask you to include a screenshot of the route you ran. Of course there is an element of honesty here and we ask people not to cheat themselves. To be eligible for age group medals and prizes, you must record your run through your smart phone or smart watch. We recommend the RunKeeper APP which is free to download and integrates seamlessly with our results system.

I'm a total beginner – HELP!

Check out our website, we'll be adding great content from our ambassadors Olympians Milly Clarke, Jess Trengove, Former Pro Surfer Beau Walker plus iMove – our physiotherapy and health partner. Chat to your school PDHPE teacher or the teacher who has organised the challenge in your school for support.

www.gaccc.com.au

Facebook: @greataustralianccc
Instagram: @greataustralianccc
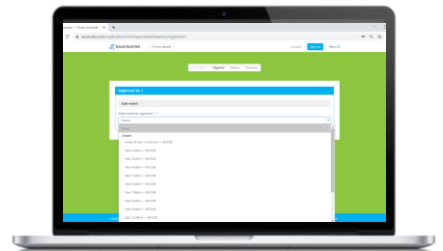
How to Register.

1.

Head over to www.gaccc.com.au, explore all the fun to be had, and when you're ready, click 'Register'.
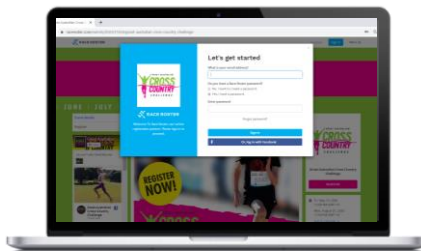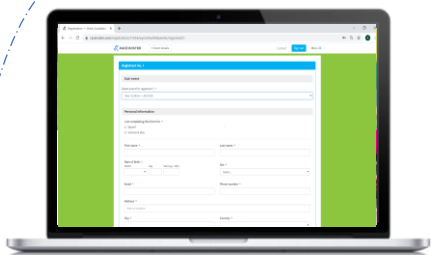
2.

Create an Account with Race Roster.

Please note: If you are under the age of 14, your parents are required to create the account in their name.
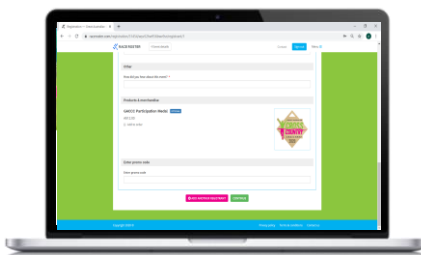
3.

Select your Sub-Event based on your year group at School! E.g. if you are in Year 6, select 'Year 6 (2km)'.
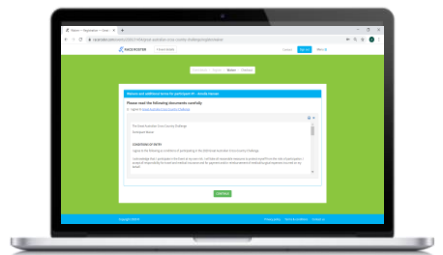
4.

Pop in all you're Registration Information, ensuring to select your school from the drop down.
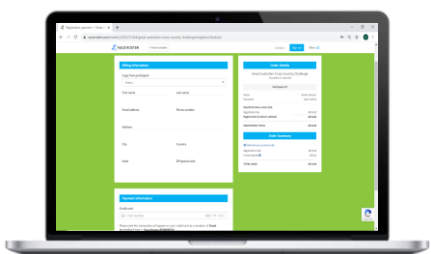
5.

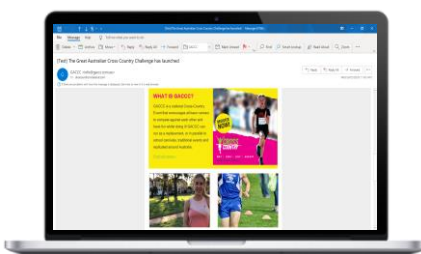Appy the Discount Code provided by your Teacher/School. This will remove the payment required!

6.

Read and sign the Terms and Conditions. Please note, this must be completed by an adult or guardian over the age of 18.

7.

Review all your information and click 'Submit Order' once happy!

8.

Once you have completed the Registration Process, you will receive a confirmation email from GACCC containing further info.

9.

Get ready to start running/ walking your way through the Great Australia Cross Country Challenge!

How To Participate.

RunKeeper.

RunKeeper is the Official App Partner and Results Tracker for GACCC. It is recommended that all participate using the RunKeeper App for a seamless and simply participation experience. The App is FREE and can be downloaded from both the Apple and Android App Stores.

The process.

1.

Get Ready.

Navigate to the Race Roster Event Page and Log in using your Username and Password.

2.

Start Running.

Once in, you will see a button labelled 'Start Virtual Run'. This will open the RunKeeper App.

3.

Start Running.

Well, this is where the fun starts! Get those legs moving and have fun whilst doing it! That's what GACCC is all about!

Please Note:
You can use a variety of other apps to track the route and results of your run, however you will be required to upload your results manually. Additionally, you will not be eligible to win GACCC Championships.

The important details.

Championships.

To be eligible to win the GACCC Championship Titles, you MUST use the RunKeeper App to rack and submit your results.

Safety.

If you are under the age of 16, you MUST participate in this event under the supervision of an adult, parent or guardian.

Distancing

We take Social Distancing extremely seriously, hence you MUST adhere to your State's/Territory's Social Distancing measures.

www.gaccc.com.au

Facebook: @greataustralianccc
Instagram: @greataustralianccc

Results Hub.

How do I view my results?

You've run, recorded your best times and now you want to check out the competition. Head to the Results Hub at gaccc.com.au and you can see how you compare to other runners in your school, region, state or whole country.
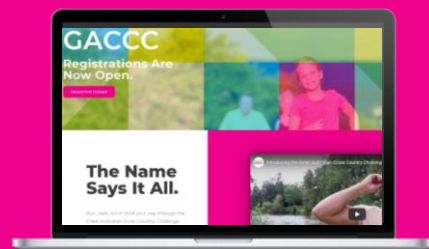
Had fun? Why not do it again!

The best thing about GACCC is you can participate as many times as you like across the months of May, June, July and August! So, if you think you can smash out a better PB, or challenge your friend to a faster time, then have a crack! Just make sure that the last result you upload is your fastest time!

GACCC Championship Rules.

To be eligible to win the GACCC Championship Titles, the following must be adhered to.

• Each participant must run the nominated distance using the official RunKeeper and submit a result within the time period listed on the website.
• No more than 50 metres of your run can be on a downhill gradient.
• The finish location must not exceed more than 50% from the finish line (as the crow flies) of the total distance run. (i.e. if you run 5km, the finish line cannot be more than 2.5km away from the start).
• Times for the Top 10 from each division and age group, plus teams will be ratified by official administration who have discretion if they feel someone hasn't followed the procedure or process.

www.gaccc.com.au

Facebook: @greataustralianccc
Instagram: @greataustralianccc