
Move a Mountain 4THEM – 23 May to 11 June

The Actual Challenge:

Form a team of 5 runners to embark on a virtual running adventure with us. Each runner will need to run 5km per day for 20 days. At the end of the 20 days each team would have completed a total of 500km.

The Fun Challenge:

Post photos of your team and where they are running individually on your social media and tag us #4THEM or #OpenDoors. This might be tricky... but be creative. Be spontaneous. Improvise. Have fun.

The (Virtual) Route:

Teams will follow a 5000km virtual route throughout South Africa. At the end of each day you'll be able to see how your team is doing.

To make your mileage work on the map you need to add a 0 to your distance for example, after day one's 25km you should be at 250km on map, after day two you should be at 500km etc.

ENTER HERE: <https://www.quicket.co.za/events/104603-move-a-mountain-4them/>



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Frequently asked questions:

1. Can I run more than 5km/day?

You are welcome but only the first 5km of the day will count towards the challenge 😊.

2. What if I miss a day's run?

If you miss a day you need to catch up the next day. Try not to miss a day, as it becomes more difficult to catch up when you fall behind.

3. Do I have to *run* the full 5km?

You can run, walk, stroll or crawl, as long as you complete 5km.

4. Does the group *have* to run together?

According to current running conditions and regulations provided by government, we would suggest running alone or with one other person. (Please make sure you are well informed and up to date with the lockdown regulations pertaining to exercise to ensure you and your team's safety.)

5. Do we *have* to be 5 runners in a team?

You are not allowed to be more than 5. If, however, you are less than 5 you need to adjust your running distance per day in order to reach the 25km combined goal for the day.

6. Do I need to log/send my results somewhere?

No this isn't necessary because this challenge is not a race. The challenge is to finish as a team. If you finish, you and your team will be the winners *with* all those who've finished and *for* those who will receive a Bible because of your effort.

7. What do I do if I want to enter but cannot find a team?

We want anybody and everybody to join us. If you don't have a team of your own, you can simply contact Thys by sending an email to athlete@opendoors.org.za or a WhatsApp message to 084 553 2335. He is our 4Them champion and will assist you in finding a team.



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8. Where do I find the virtual map?

The map will be sent to all runners who've entered a team. They will send it to their team members.

9. How does the team members pay the team captain?

The person who entered the team on www.quicket.com is the team captain.

The team captain can sponsor the group by paying the entry fee in full **or** by paying in advance and asking each team member to pay their R65 per member.

Alternatively, the team captain can sponsor the team and challenge each runner to make a donation of their choice toward Bibles for persecuted Christians.

Banking details:

Open Doors

ABSA

Acc. Number: 9172174758

Please use **BG1** as your reference.

10. Where can I read more about the cause and the 4THEM initiative?

Please feel free to browse our website for more information

www.opendoors.org.za

11. Who can I contact for more information?

Send an email to athlete@opendoors.org.za



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