



Run Zone AC presents the Summer Series Heart Run 2021 to promote a healthy heart.

Run Zone Summer Series "Heart Run" 2021 will be made up of a series of, **3 runs** over **3 different weekends** at **3 different venues**!

You have the choice of participating in the complete series running all three events or You have the choice to participate in an individual run on any one of the given days at the distance of your choice.

This series could be run VIRTUALLY or run the real original mapped out routes at the different venues on the advertised dates.

Race Number Download

Find your race number by clicking on the below link, find your name and click on the bib number to download your race number.

[Race Number Download](#)

You don't need to wear your race number however please feel free to print and wear when doing your run.

Some browsers may give a warning on download, the attachment is a pdf and perfectly safe.

Event Timing

We will be using STRAVA to time this event or alternatively your results can be manually uploaded for you.

Please download the Strava Instruction Manual which will guide you to set up a STRAVA profile, how to link your entry to STRAVA and lastly submit your results.

Route & Distance

Option One: Your route, Your Choice! Find the course of your choice and run your selected route. This could be on a public road, treadmill or in the comfort of your own property.

Option Two: "Run the real route" - Run the real route on Sunday 19 September at Northcliff Country Club, Sunday 26 September at Noordheuwel Country Club and Sunday 3 October at Bothongo Rhino and Lion Nature Reserve in the Cradle of Humankind.

Option Three: Run the real route and Your route – Run a mixture of your own route and the real routes, if you can't join us on any of the Sundays for the real routes you can run your own routes.

If you have a GPS Watch with a navigation feature then you can download the GPX route – we have links on how to upload the route to your watch below. Otherwise you can print the map or open it in either in the MapmyRun or Strava app on your phone

If you have a Garmin device [open this link](#) for instructions.

You can download the route for any other device by clicking/tapping the ●●● from the Garmin Connect page

Check out these links for uploading GPX to [Polar](#) or [Suunto](#) Devices

Manual Uploads

Should you prefer not to make use of Strava to do your tracking, you are more than welcome to manually upload your results. Follow the below process to quickly and easily record your race.

Click on "Manually Submit Results" button below and complete the form.

[Manually Submit Results](#)

If you can't upload your result, please email admin@peaktiming.co.za with your Name, Surname, ID number, Event Name, Distance Completed and Time.

Please make sure all results have been uploaded by Wednesday after each event. Final results will be available on Friday 8 October 2021.

[Go to Results Page](#)

Collections:

Series entries will get Tshirts and /or Buff from the first weekend, Medals on the last weekend.

Single entries will get Buffs and /or Medals from this weekend.

Courier delivery after 3 October 2021.

General Information

All participants must adhere to all COVID-19 health and safety protocols

Kindly arrive at least 15 mins before the start for COVID-19 Registration and Race Collections