

# **LBS 2020 OCTOBER OLYMPICS**

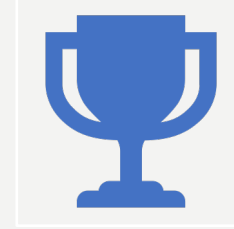


**PARTICIPANT GUIDE**

# WHAT IS THIS?



A unique workout challenge during the month of October, hosted by your very own running, cycling and swimming clubs



Enter 1 or more of our 10 exciting competition categories!

Most distance run

Most distance cycled

Most distance swam

Top triathlete – most distance run / cycled / swam

Most different parks run through

Most Regents Park Inner Circle laps

'Help to Phelps' - Most improved swimmer

Most time spent on gym workouts / classes / yoga

Most minutes spent planking

Best workout selfie

# WHO IS IT FOR?



All current participants or partners of any LBS programme



Members of the running, cycling and/or swimming clubs



All exercise abilities



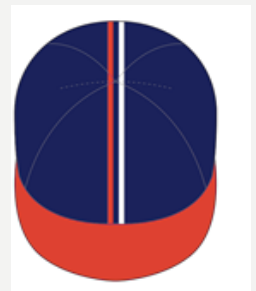
Anyone who wants to be motivated to keep / get fit, join a movement, and be in with a chance of winning some great prizes!



1-month  
subscription  
to Peloton  
app!

**STRAVA**

2-month  
subscription  
to Strava  
premium!



LBS sports  
swag!

# HOW DO I JOIN?

- Sign up to at least 1 category on our campus groups event. Sign up for as many as you like!
- Join our [WhatsApp chat](#) for live challenge updates and peer motivation!
- Read the full terms and conditions carefully (next page) to be considered for a prize!
- Prizes will be announced at a virtual prize giving ceremony at the start of November!



# HOW DO I WIN? 1 OF 3

Category	Terms and conditions	Team coach / judge
Most distance run	<ul style="list-style-type: none"> <li>You must be signed up to this category on the campus group event.</li> <li>You must be a member of the relevant LBS club (running, cycling or swimming).</li> <li>All activities must be recorded or uploaded to the <a href="#">Strava app</a>.</li> <li>Your Strava profile must be set to 'Public' and you must join the Strava group '<a href="#">LBS October Olympics</a>'.</li> <li>The winner will be selected automatically – no need to submit results!</li> </ul>	Carles <a href="mailto:csumarroca.mba2021@london.edu">csumarroca.mba2021@london.edu</a>
Most distance cycled		Doug <a href="mailto:dougfrieze@gmail.com">dougfrieze@gmail.com</a>
Most distance swam		Evelyn <a href="mailto:echoy.mba2021@london.edu">echoy.mba2021@london.edu</a>
Top triathlete [most distance running, cycling and swimming]	<ul style="list-style-type: none"> <li>As above, except you must be a member of <u>all three</u> LBS clubs.</li> <li>Total distance will be on a normalised basis: 1km swim = 10k run = 30k cycle. I.e., total normalised distance = total swim distance + [total run distance / 10] + [total cycle distance / 30].</li> <li>You must calculate and submit your normalized total distance in km to your team coach / judge by midnight on 31<sup>st</sup> October. The results will then be verified using Strava.</li> </ul>	Kathryn <a href="mailto:kathrynr.mba2021@london.edu">kathrynr.mba2021@london.edu</a>
Most time spent on workouts, yoga or exercise classes	<ul style="list-style-type: none"> <li>You must be signed up to this category on the campus group event.</li> <li>You must be a member of at least one of the LBS club running, cycling or swimming clubs.</li> <li>All activities must be recorded or uploaded to the <a href="#">Strava app</a>.</li> <li>Your Strava profile must be set to 'Public' and you must join the Strava group '<a href="#">LBS October Olympics</a>'.</li> <li>The following activities will be accepted: strength workouts, yoga, gym or dance classes, cardio workouts excluding running, cycling, and swimming.</li> <li>You must calculate and submit your total time in minutes to your team coach / judge by midnight on 31<sup>st</sup> October. The results will then be verified using Strava.</li> </ul>	Kira <a href="mailto:ksnyder.mba2021@london.edu">ksnyder.mba2021@london.edu</a>

# HOW DO I WIN?

2 OF 3

Category	Terms and conditions	Team coach / judge
Most different parks run through	<ul style="list-style-type: none"><li>You must be signed up to this category on the campus group event.</li><li>You must be a member of the LBS running club.</li><li>All activities must be recorded or uploaded to the <a href="#">Strava app</a>.</li><li>Your Strava profile must be set to 'Public' and you must join the Strava group '<a href="#">LBS October Olympics</a>'.</li><li>You must clearly label each new park in the title of your runs, in the following format: 'Park #1: Regents Park', 'Park #2: Hyde Park' etc.</li><li>You must calculate and submit your total number of parks to your team coach / judge by midnight on 31<sup>st</sup> October. The results will then be verified using Strava.</li></ul>	Ed <a href="mailto:eclarke.mba2021@london.edu">eclarke.mba2021@london.edu</a>
Most Regents Park inner circle laps	<ul style="list-style-type: none"><li>You must be signed up to this category on the campus group event.</li><li>You must be a member of the LBS cycling club.</li><li>All activities must be recorded or uploaded to the <a href="#">Strava app</a>.</li><li>Your Strava profile must be set to 'Public' and you must join the Strava group '<a href="#">LBS October Olympics</a>'.</li><li>You may count loops in both directions. The relevant Strava segments are 'Regents Park Inner Circle ACW 1 lap' and 'Regents Park Inner Circle CW 1 lap'.</li><li>You must calculate and submit your total number of laps to your team coach / judge by midnight on 31<sup>st</sup> October. The results will then be verified using Strava.</li></ul>	Fraser <a href="mailto:fawson.mba2021@london.edu">fawson.mba2021@london.edu</a>

# HOW DO I WIN? 3 OF 3

Category	Terms and conditions	Team coach / judge
"Help" to Phelps (Most Improved Swimmer / Spirit award)	<ul style="list-style-type: none"> <li>You must be signed up to this category on the campus group event.</li> <li>You must be a member of the LBS swimming club.</li> <li>This is a discretionary prize, awarded to whichever swimmer the Exco feels has improved the most during the challenge period, provided that club practices and lessons go ahead as planned.</li> <li>If club practices and lessons cannot take place because of COVID restrictions, the prize will be awarded to the swimmer that has shown the best spirit and contribution towards the club.</li> <li>All swimmers will automatically be considered for this prize – no need to apply specifically. However, you may nominate another swimmer by submitting your nominee and reason to your team coach / judge by midnight on 31<sup>st</sup> October.</li> </ul>	Reece <a href="mailto:rliang.mba2021@london.edu">rliang.mba2021@london.edu</a>
Most minutes spent planking	<ul style="list-style-type: none"> <li>You must be signed up to this category on the campus group event.</li> <li>You must be a member of at least one of the LBS club running, cycling or swimming clubs.</li> <li>You must download a plank-recording app such as one of <a href="#">these</a>, and record all planking activity using the app.</li> <li>You must calculate and submit your total minutes spent planking to your team coach / judge by midnight on 31<sup>st</sup> October, with a screenshot of the time shown on your app as supporting evidence.</li> </ul>	Michelle <a href="mailto:malvarado.mba2021@london.edu">malvarado.mba2021@london.edu</a>
Best workout selfie	<ul style="list-style-type: none"> <li>You must be signed up to this category on the campus group event.</li> <li>You must be a member of at least one of the LBS club running, cycling or swimming clubs.</li> <li>You must upload your selfie to Instagram, tagging all three clubs (<a href="#">@lbscyclingclub</a>, <a href="#">@lbs_runningclub</a>, <a href="#">@lbsswimmingclub</a>) with the hashtag '#OctoberOlympicsSelfie'.</li> <li>You have an unlimited number of submissions!</li> <li>The Exco teams will choose the winning photo from all photos uploaded by midnight on 31<sup>st</sup> October.</li> </ul>	All Exco members

**JOIN.  
COMPETE.  
WIN.**

(OR JUST HAVE FUN)

