



CORRIDA VIRTUAL
CIDADE DE MAPUTO
29 NOVEMBRO 2020

VIRTUAL RACE FNB MAPUTO 10K

Frequently Asked Questions (FAQs)

1. What is the FNB Maputo 10K Virtual Race?

The FNB Maputo 10K Race had its first edition in 2019, where for the first time we crossed the Katembe-Maputo bridge on a 10km route. This year, it returns in a new, virtual format.

A virtual race is one in which you can run anywhere and anytime, that is, you can run at lunchtime, before work, after taking your kids to school, you can run around the block around your house, in a park, wherever you want, the route is defined by you.

The FNB Maputo 10K Virtual Race was designed using an application that will allow you to monitor your progress over the 10km of race at your own pace and at the end will provide your certificate and your virtual medal as well as the progress of your race.

Due to the pandemic that has affected the whole world, this type of events has been a new trend. Here, participants register online and simply choose how and where to run.

2. On what date will the FNB Maputo 10K Virtual Race take place?

The Virtual Race FNB Maputo 10K will take place on Sunday 29 November 2020 between 05:00 and 19:00.

Participants can choose the location, run their own race, at their own pace and time it through the event app.

To record the results, each participant must complete the course within the applicable time (from 5:00 am to 7:00 pm), outside of these hours the results will not be counted.

3. Where can I register for the FNB Maputo 10K race?

To register, just go to the official website of the FNB Maputo 10K race <https://www.maputo10k.com> and choose the option to register online.

4. When do registration open?

Registration opens on October 28, 2020.

5. When do the registrations end?

Registration closes on November 28, 2020 or when the Racing Kits run out.

Last-minute registrations are subject to stock of racing kits and will be made at Maputo Gloria AFFEC Hotel between the 26th, 27th and 28th of November 2020.

6. On which social networks can I share my experience (photos / race / certificate of participation)?

We are present in several social networks and you can share and visit:

Facebook: Maputo10K

Twitter: @ Maputo10k

Instagram: @ maputo10k

Remember our Hashtag: #FNBMaputo10K and #Maputo10K

7. What is the registration fee?

Registration costs only 50 (fifty) Mts (R 12.00)

8. What form of payment?

You will make the payment at the time of registration, on the online platform.

9. What is included in my registration fee?

When you finish the registration you will have access to your Race Kit that includes:

Limited Edition Running T-Shirt

Runner Number

FNB Running Socks

Bonaqua Product

Access to the Run Your City series app, to track your progress during the virtual run

10. Where will I pick up my Race Kit?

The Racing Kits will be available for pickup at the following location:

Location: Hotel Gloria AFECC, Maputo

Date Time

26 November 2020 10:00 - 17:00

27 November 2020 10:00 - 18:00

28 November 2020 09:00 - 15:00

Kits cannot be shipped. All kits must be picked up at the indicated location.

The Stock is limited to the first 1500 registrants.

11. Is the registration fee refundable?

There will be no refunds, substitutions or postponements.

12. When should I wear the FNB Maputo 10K T-shirt?

We encourage all participants to run with the official t-shirt of the FNB Maputo 10K virtual race on November 29, 2020 and whenever they want.

13. On November 29, should I run on the official route of the FNB Maputo 10K race?

There is no physical route or route demarcated for the Event, participants will choose their own 10km route. We recommend that you comply with the traffic rules and road codes in your area and the hygiene, physical and social distance regulations related to COVID-19 established by the local authorities of the route selected for the race.

14. Can I run using a running mat or run on a gym treadmill?

No, the location of the participants will be monitored via the phone's GPS (through the Run Your City Series Tracking App), the participants must select a route in open space, without forgetting the fulfillment of social distance.

15. Can I participate in the Virtual FNB Maputo 10K race with friends or family?

As long as it complies with the hygiene, physical and social distance regulations related to COVID-19 and the levels of containment established by the local authorities.

16. How will my race time be recorded?

There are three options:

- Download and use the Run Your City Series app
- Upload your activity on Strava and proceed with the synchronization of the Run Your City Series app
- Load manual its activity on the results page on the FNB Maputo 10K website

17. If I choose the Run Your City Serie Tracking App, do I have to run with my phone?

The application will use your phone's GPS locator to track your progress, which means that you must run with the phone and have the location function activated.

18. How can I access the Run Your City Series Tracking App?

Steps to follow:

Step 1 - Search and download the Run Your City Series app from the playstore on your phone.

Step 2 - In the Run Your City Series mobile application, click on search and open {RaceName}.

Step 3 - At the event, find your name on Tracker / Search Participant using your runner number # {RaceNo} or Name.

Step 4 - Create your profile, if you don't, you won't have the START option on race day.

Step 5 - Section "yes" in the application's permission requests, so that you can access your GPS.

The Run Your City Series Tracking App can only be used on race day.

19. Will I receive a medal?

All participants who complete the race will receive a medal and a certificate, both in digital format.

20. Where can I see the results?

The leader board will be available in real time on the Run Your City Series Tracking App and the final results will be available on the FNB Maputo 10K website and also on the app.

If you want to follow the results, receive your digital certificate and your digital medal, it is necessary that you follow your race through the application or upload your performance after the event.

Keep up to date on the details of the race through our social networks.