



Get healthy  
Get rewarded

## Discovery Vitality Run Series FAQs

### Are only Vitality members allowed to enter the Discovery Vitality Run Series?

The Discovery Vitality Run Series is open to the South African public (both non-Vitality members and Vitality members). Any runner of any capability and fitness level is welcome to participate.

### Which races form part of the Discovery Vitality Run Series?

The Discovery Vitality Run Series includes three of the most iconic races in Cape Town and KwaZulu Natal:

#### Cape Town:

- Spartan Harriers Firgrove Challenge with Discovery Vitality – 1 February 2020
- Century City Express with Discovery Vitality – 29 February 2020
- Tyger Run/Walk with Discovery Vitality – 21 March 2020

#### KwaZulu Natal:

- Marshalls World of Sports Stella Royal with Discovery Vitality – 8 March 2020
- Checkout Challenge with Discovery Vitality – 29 March 2020
- Peace in Africa with Discovery Vitality – 24 May 2020

Please contact each club directly for further information about specific race event details:

- Spartan Harriers Firgrove Challenge - michael.adams@capetown.gov.za
- Century City Express - bertiecloete007@gmail.com
- Tyger Run/Walk - lionelklassen@gmail.com
- Marshalls World of Sports Stella Royal - kevin.hendrikse@gmail.com
- Checkout Challenge - amres.moodley@gmail.com
- Peace in Africa - sayouth@webmail.co.za

## How many Vitality points will I earn for participating?

Here's a breakdown of Vitality points you can earn for each race:

- 5km – 800 fitness points
- 10km – 1 100 fitness points
- 21.1km – 2 000 fitness points

**Note:** Vitality points will **take up four days** to reflect on your [Vitality Points Tracker](#) and the Discovery app. Your Vitality points will be **awarded automatically** within this time frame. Vitality points are awarded for **one fitness activity a day**. Your Vitality points (including **bonus points**) earned for participating in the Series will contribute towards your maximum fitness points cap of 30 000 for the year as an adult and 20 000 for members younger than 18.

## Why are the Vitality points more than other 5km, 10km and 21.1km races?

Discovery members receive bonus fitness points for all Discovery-sponsored events. The Discovery Vitality Run Series forms part of the sponsored events and therefore members can earn the following fitness points for participating:

- 5km – 800 fitness points
- 10km – 1 100 fitness points
- 21.1km – 2 000 fitness points

Vitality points are **automatically awarded**. Your Vitality points are awarded for **one fitness activity a day** and counts towards your **fitness points cap** for the year. Your Vitality points will take **up to four days to reflect** on your [Vitality Points Tracker](#) and the Discovery app.

## Do I have to complete the same distance at each race to get the complete medal set?

All runners who complete each race in the Discovery Vitality Run Series will receive a limited edition medal, regardless of the distance that you choose to complete at each race. Participating in all three races will allow you to earn three medals in total, enabling you to complete the medal set.

## What are the distances that can be entered?

Each race in the Discovery Vitality Run Series consists of three main distances. You can choose to take part in the 5km fun run or challenge yourself with a 10km or 21.1km run. Participants are welcome to complete any distance per race.

**Note:** Vitality points are awarded for **one fitness activity a day**. Your Vitality points (including **bonus points**) earned for participating in the Series will contribute towards your maximum fitness points cap of 30 000 for the year as an adult and 20 000 for members younger than 18.

## Do I have to complete all three races in the Discovery Vitality Run Series?

All runners are welcome to choose any race in the Series they would like to participate in. There is no specific requirement to participate in all three races.

## **What are the entry costs for these races?**

The entry costs for each race in the Discovery Vitality Run Series will vary depending on each race club.

Please contact each club directly for further information about specific race event details:

- Spartan Harriers Firgrove Challenge - michael.adams@capetown.gov.za
- Century City Express - bertiecloete007@gmail.com
- Tyger Run/Walk - lionelklassen@gmail.com
- Marshalls World of Sports Stella Royal - kevin.hendrikse@gmail.com
- Checkout Challenge - amres.moodley@gmail.com
- Peace in Africa - sayouth@webmail.co.za

## **How do I enter the Discovery Vitality Run Series?**

Runners can enter each race online via the [Discovery Vitality Run Series](#) page.

## **What does the Discovery Vitality Run Series mean for Team Vitality members?**

Team Vitality members will get up to 50% cash back for each race in the Discovery Vitality Run Series. Team Vitality hospitality will be available at each race.

## **When will my Team Vitality cash back be paid?**

Team Vitality members will receive their cash back during their next cash back cycle after completing the event.

2020/02/07