



2023 ATB Virtual Race FAQs March 1 – March 31, 2023

1. Q. Where is the virtual results page?

A: Click [here](#) for the virtual results page.

2. Q: How do I submit my virtual race result?

A: Click [here](#) for details on how to submit HOKA Virtual Hammer or Hammer Hybrid Results

Click [here](#) for details on how to submit 5K or 30K virtual results.

Click [here](#) for details on how to submit virtual relay results.

Virtual races must be completed by March 31, 2023.

Results must be submitted by 11:59pm on **March 31, 2023**, to receive your race package.

Packages will be sent a few weeks after the race period. Please note: 5K, 30K, Relay, and Hammer medals are personalized all at once thus the 4-6 week time frame required to send your package after the race period closes. No medals for 2K, 10K, or 15K.

3. Q: Do I have to run my race distance on a specific day?

A: You can run any of the race categories on any day within the race period which is March 1, 2023 – March 31, 2023.

4. Q: If I am registered for The Hammer, do I have to run the races in order?

A: You can run the races in any order on any day as long as it is within the race period between March 1 – March 31.

5. Q. If I am in one of the Hammer race categories do I have to enter my results twice?

A: Yes. For Hammer participants, you will need to enter your results in two places, once in the Hammer category, and once in each of the individual categories. This way, you are ranked in the results with other Hammer times and also in each individual race category.

The Hammer Hybrid Presented By HOKA

Add results

Click on the “Add Result” box under The Hammer Hybrid or Virtual Hammer category to expand and see all the races within the Hammer. Enter your virtual time here and then scroll down and

also enter your virtual time in the individual category. Your Hammer Time is the combined time of all your individual races and is ranked against other Hammer Times. Your individual race result is also ranked against other individual race results in each category.

6. Q. Can I break up the 30K and run some of it one day and the rest on another day?

A: The 30K race category is intended to be completed in one outing.

7. Q: When will I receive my race package?

A: Packages will be sent a few weeks after the race period. Please note: 5K, 30K, Relay, and Hammer medals are personalized all at once thus the 4-6 week time frame required to send your package after the race period closes. No medals for 2K, 10K, or 15K.

8. Q. Can I pick up my virtual race package?

A: Virtual race packages are mailed a few weeks after the race period because of the medal personalization. If you do not want medal personalization, please email info@bayrace.com and arrangements can be made for pick up during the in-person Packet Pick Up during race weekend.

9. Q: Will I receive a bib?

A: In the interest of safety, bibs will not be issued for our virtual race. Wearing a bib may confuse some motorists and participants, suggesting there are exceptions to the rules of the road. A virtual race bib can be downloaded after the race as a memento.

10. Q: How do the relays work?

A: Each member of the relay team runs their leg on their own and does not have to be on a specific course or location as long as the distance for the leg is achieved. The team captain will submit each team member(s) time on the virtual results page. Click [here](#) for instructions on how to submit results for the virtual relay.

11. Q: If one of my relay team members is injured, can I replace that team member?

A: Yes, please contact info@bayrace.com.

12. Q: Do I have to run a specific course or run it in Hamilton?

A: You do not have to run a particular course or at a specific location as long as the distance is achieved. The course does not have to be in Hamilton.

13. Q: Can I participate in the virtual race if I run it on my treadmill?

A: Yes.

14. Q. Can I participate if I am out of province or out of country?

A: Yes, the great thing about virtual is that anyone can participate from anywhere in the world. However, additional shipping fees apply to international participants.

15. Q. I just moved. How do I update my mailing address?

A. It is important for us to have your current mailing address so we can send your race package. Please include unit/suite/apt number if applicable. Please email info@bayrace.com with your new mailing address.

16. Q. How can I change my race category?

A. Login to your Race Roster account, click on our race, click on the transfer link near the top and click on transfer to another sub-event and proceed from there.

17. Q. If I participate in this year's virtual race, will it count toward the shoelace charm program?

A. Yes, if you have an official result posted, it will count toward the shoelace charm program. The program is not automated. In other words, we cannot track how many races you have run because often people move, register with a slightly different name (Bob/Robert), use pre/married names, etc. Please submit the shoelace charm program form once your result has been posted and a volunteer will verify the request. Please include the possible names you used to register, the exact individual years you completed the race with an official result, etc. More details at <https://bayrace.com/awards/>