



2018  
- - -  
2019



# UNLEASH YOUR INNER ROCKSTAR!

The Big Hammock Race Series Super RockStar Virtual 5k Race can be walked/run anytime and place you choose! The only requirement while completing your distance is that you focus on what empowers and makes you stronger. Take the time to celebrate you and channel your inner RockStar! Use any Season 3 training workout to tackle the 5k distance. It's the perfect time to grab a friend and get moving. Join your favorite uplifting peeps, find your inner "toughie", and unleash it!



TOURING YOUR HOMETOWN  
JULY '18 - MAY '19 • \$29.00  
[VirtualStrides.com/RockStar3](http://VirtualStrides.com/RockStar3)

REGISTER ONLINE TODAY & DON'T MISS OUT!  
Only 500 registration spots are available.

PRESENTED BY: iDEPLOY



PRESENTED BY  
**iDEPLOY**

**ONLY 500 SPACES AVAILABLE!  
REGISTER ONLINE • \$29.00**

[VirtualStrides.com/RockStar3](http://VirtualStrides.com/RockStar3)

**ONLINE REGISTRATION OPENS  
July 1st, 2018**

**FINAL DATE TO SUBMIT RESULTS  
& REGISTRATION CLOSES  
May 31, 2019**



## SEASON 3 WILD CARDS

You won't want to miss any live BHRS races because crossing the Finish Line is the only way to earn the points they offer for your scorecard! Your Wild Card can be used if you **MUST** miss a race to help you earn your Super Medal, Lucky Charm Challenge Medal, or Perfect 10 Glass. To redeem your Wild Card, post your Super RockStar Virtual 5k Race results on [VirtualStrides.com](http://VirtualStrides.com) and complete a Wild Card submission form at [BigHammockRaceSeries.com](http://BigHammockRaceSeries.com) within the allowed time frame for the award you would like to earn. Choose carefully and watch your calendar as you can only submit your Wild Card one time and changes will not be allowed. Once a prize's Wild Card redemption window closes, it will no longer be available to earn using your Wild Card.

**PEACE AND LOVE: No exceptions will be made.**

# UNLEASH YOUR INNER ROCKSTAR!



**GET MOVING WITH YOUR PEEPS  
DON'T MISS OUT! Only 500 registration spots are available.**

The Super RockStar Virtual 5k race is RACE #1 in Season 3 of the Big Hammock Race Series (BHRS)! Whether you're a BHRS participant or not, anyone can register for this virtual race. Participants can walk, run, or combine a few workouts to create a total distance of a 5k (3.1 miles).

## WHAT YOU'LL RECEIVE IN THE MAIL

- This awesome colorful, black plated, 6.25" w X 2.35" h guitar medal with a 3/4" gold charm pick, and Velcro clasp ribbon.
- A custom Super RockStar Race digital bib to print on your printer.

## BHRS PASSHOLDER PERKS

The Super RockStar Virtual 5k Race is the only virtual race that is eligible towards points or bling in Season 3. When BHRS Passholders register, complete the 5k distance, and post their results on [VirtualStrides.com](http://VirtualStrides.com) by the necessary deadline and redemption date, the excitement begins! Then, you'll also earn:

- (10) Points on your BHRS Scorecard.
- (1) Wild Card that you can use to replace any Season 3 live race that you can not attend to help earn your Super Medal, Lucky Charm Challenge Medal, or Perfect 10 Glass.

## HOW TO REDEEM YOUR WILD CARD

### Earn A Super Medal Using A Wild Card:

- To claim your Super Medal on 3/16/19 at the 4th Super Race, St. Paddy's Day 5k, submit a Wild Card request & results by 3/9/19
- To claim your Super Medal on 5/4/19 at Derby Day 5k/10k submit your request & results by 3/23/19
- Wild Card redemption opens on 3/3/19 and closes on 3/23/19

### Earn A Lucky Charm Challenge Medal (LCC) With A Wild Card:

- To claim your LCC Medal on 5/4/19 at the 2nd LCC Race, Derby Day 5k/10k, submit a Wild Card request & results by 4/27/19
- To claim your LCC Medal on 6/22/19 at the Wrap Up Party submit your request & results by 5/11/19
- Wild Card redemption opens on 4/22/19 and closes on 5/11/19

### Earn A Perfect 10 Glass Using A Wild Card:

- To claim your Perfect 10 Glass on 6/22/19 at the Wrap Up Party, submit a Wild Card request & results by 5/11/19
- Wild Card redemption opens on 4/22/19 and closes on 5/11/19