

National Statistics Month (NSM) Road to 35 NSM 35K Virtual Run

I. Introduction

Pursuant to Presidential Proclamation No. 647, “Declaring the Month of October of Every Year as the National Statistics Month,” the NSM, organized by the Philippine Statistical System (PSS) and spearheaded by the Philippine Statistics Authority (PSA), is observed annually to: 1) promote, enhance, and instill nationwide awareness and appreciation of the importance and value of statistics to the different sectors of society; and 2) elicit the cooperation and support of the general public in upgrading the quality and standard of statistics in the country.

In line with the celebration of the 35th NSM in October 2024, various interagency activities will be conducted which include the NSM 35K Virtual Run. 35K – so named, in recognition of the 35 years of the NSM.

The NSM 35K Virtual Run aims to promote health and wellness among participants regardless of their location, age, affiliation, or ability. Through this event, we encourage participants to set personal fitness goals, whether it's completing a specific distance, improving their speed or simply enjoying running, jogging or walking outdoors. Additionally, this activity strives to raise awareness and support for the NSM, amplifying the importance of statistics in evidence-based policy-and decision-making contributing to a meaningful change towards a better life.

II. Guidelines

A. Who Can Join

The NSM 35K Virtual Run is open to individuals of all ages, genders, and abilities, regardless of location and affiliation.

B. Registration/How to Join

1. All interested participants should ensure successful registration through the link: <https://forms.gle/Ka77zCqwJtBH6npW7>
2. Keep a copy of your registration confirmation form for reference.
3. Registration Period: **July to August 2024**
4. Deadline of Registration: **30 August 2024**
5. After registration, the NSM Secretariat will provide the NSM 35K Virtual Run e-BIB.

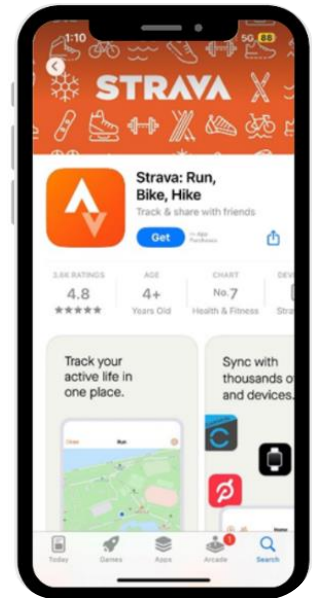
C. Run period

The official run period is from **01 to 24 October 2024**, within which participants are to complete the run.

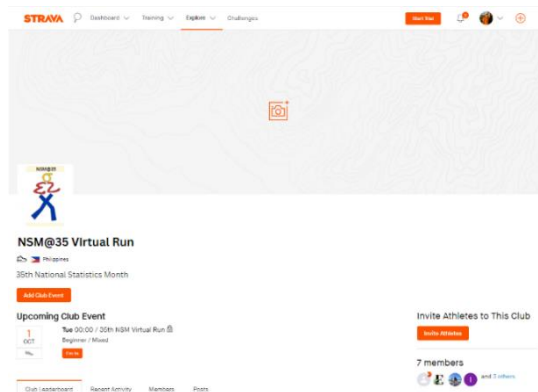
D. Tracking your run

Use **Strava** to record your run.

1. Download the Strava mobile app, available in Android and iOS App store.
2. Set up Strava account.
Step 1: Click the *Sign up with Google* button
Step 2: Update information



3. After creating an account, join the NSM 35K Virtual Run Strava Club. All participants are required to join the Strava Club for tracking purposes.



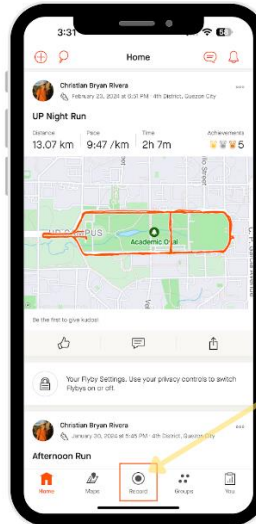
The Secretariat will monitor the joining members per club.

Club Leaderboard					
Recent Activity					
Members					
Posts					
Last Week's Leaders					
Distance		Activities		Elev. Gain	
1	Christian Bryan...	35.7 km	Christian Bryan...	3	Christian Bryan... 249 m
2	Katherine Eve E.	0.7 km	Izia Estremera	1	Jana Conanan 10 m
3	Jana Conanan	0.5 km	Jana Conanan	1	Katherine Eve E. 8 m

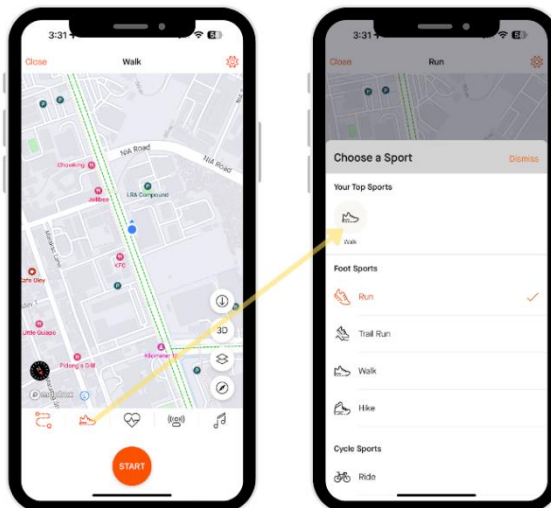
4. Steps in tracking with the Strava App

After successfully joining the **NSM 35K Virtual Run Strava Club**, participants may opt to start the virtual run.

Step 1: Click the **Record Button** at the bottom of the screen.

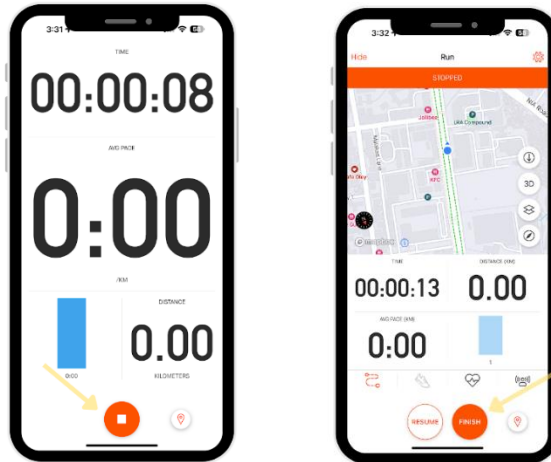


Step 2: Click the **shoe icon** and choose the type of activity you need. For **NSM 35K Virtual Run**, choose under “Foot Sports,” i.e., Run, Trail Run, Walk or Hike, depending on the type of activity that you will do.



Note: Result will be recorded upon pressing the **START** button.

Step 3: After each completed run, click the **STOP** button and select **FINISH**, and click **SAVE** to save the result.



Note: Every time you finish the run, you **MUST** click **SAVE** immediately afterwards. If you just press the **STOP** button and then press **RESUME** after a while, the result will not be recorded due to the prolonged time gap.

E. Community Engagement

Join the NSM community through the NSM Official Facebook Page and Twitter (@NSMPhilippines). Share your experience using #NSMroadto35.

III. Recognition/Awards

Complete the run on or before **24 October 2024**, to qualify for the E-Finisher Certificate and virtual badges.

- a. E-Finisher Certificate will be issued to participants who completed the 35K distance. For those who joined the run and did not complete the 35K, an e-certificate of participation will also be issued. E-certificates and virtual badges will be issued 2-3 weeks after the race period.
- b. First to finish 5K, 10K, 20K, and/or 35K will be given certificate. Recognition will be given during the 35th NSM Closing Ceremony.
- c. Virtual Badge will also be awarded as follows:

- i. **Milestone Achiever**

Awarded for reaching the distance of 35 kilometers within the specified timeframe.



ii. Speed Racer

Earned for completing a run with exceptional speed. Only the top speed racer will be given this badge (by category).

Distance/Category	Time Finished
5K	Within 30 mins
10K	Within an hour
20K	Within two hours
35K	Four hours (cumulative)



iii. Night Owl Badge

Awarded to those who run consistently during nighttime (between 7:00 – 10:00 PM).



iv. Early Bird Badge

Awarded to those who run consistently during the early morning hours (between 4:00 - 7:00 AM).



v. Adventure Explorer

Awarded to participants who run in diverse locations or scenic routes, e.g., tourist destinations, parks, rugged terrain.



vi. Community Connector

Given to participants who actively engage in social media by posting updates on their run. To be awarded with this badge, the participant must use the official hashtag **#NSMroadto35** and tag the NSM Official Facebook Page.



IV. Reminders

1. Each participant is responsible for their own health, safety and well-being during the virtual run. Always prioritize your safety and consider the following tips:
 - a. Plan a safe and suitable route for your run;
 - b. Consider weather conditions;
 - c. Adhere to local regulations and guidelines;
 - d. Follow traffic rules and be aware of your surroundings;
 - e. Assess own fitness level; and
 - f. Seek clearance if with existing medical condition.
2. Run at your own pace from any location you choose.
3. Stationary running will not be considered.
4. By registering, the PSA, NSM Secretariat and organizer will not be liable for any risks associated from the virtual run, including, but not limited to accidents, injuries, and all such risks being known.

V. Contact Us

For any concerns or inquiries regarding the NSM 35K Virtual Run, please contact the **35th NSM Secretariat** through email address nsm@psa.gov.ph and telephone number **8376-1928**.