



SPRING STRIDE CONTEST BY PERFORMANCE RUNNING

CONTEST TERMS & RULES

The Spring Stride Contest (“Contest”) is administered by Performance Running, a division of Balance Solutions Physical Therapy in Beachwood, Ohio.

The Contest will run from April 1, 2021 through June 30, 2021.

Prizes

Performance Running will select winners at random. There will be one (1) Grand Prize winner of a \$200 gift card to a local running store of the winner’s choosing and a 3D Running Analysis from Performance Running (\$349 value). There will be one (1) Second Place winner of a Wave Roller™ Smart Foam Roller™ (\$149 value) and a 3D Running Analysis from Performance Running (\$349 value). There will be one (1) Third Place winner of and a 3D Running Analysis from Performance Running (\$349 value). The first five hundred (500) Finishers (“finishers” defined below) will receive a free performance t-shirt. (Performance Running, may, at its discretion, opt to increase/decrease the numbers of participants eligible to receive a finisher’s t-shirt.

Finishers

A Finisher is defined as any participant who accrues 50 entry points.

- Log a run at PerformanceRunningSolutions.com = 1 entry point.
- Share/post your run to Facebook = 2 entry points.
- Share/post your run to Instagram = 2 entry points.

Runs can be logged online at PerformanceRunningSolutions.com/contest or on a printable tracking sheet (also available at PerformanceRunningSolutions.com/contest).

A Finisher is officially recognized when they present themselves along with their record of logged runs at Balance Solutions Physical Therapy during normal business hours Monday-Friday. No Finishers will be recognized more than thirty (30) days past the end of the Contest – July 30, 2021.

The first five hundred (500) Finishers (“finishers” defined below) will receive a free performance t-shirt. (Performance Running, may, at its discretion, opt to increase/decrease the numbers of participants eligible to receive a finisher’s t-shirt.

Each participant can only be recognized as a Finisher one (1) time.

Prizes & Entry

In addition to the Finisher's t-shirts Performance Running will select a Grand Prize, Second Place, and Third Place winner at random.

Each participant will be awarded one (1) entry in the prize drawing for:

1. Each run they log online or on the printable tracking sheet.
2. Each run for which they post a photo to social media (Facebook or Instagram) and tag Performance Running. Social media posts must include @PerformanceRunningSolutions and #SpringStrideContest to be counted.
3. Participants may not earn more than three (3) entries for each individual run that is logged
 - a. One (1) entry for the logging of the run.
 - b. Two (2) entries for posting to Facebook.
 - c. Two (2) entries for posting to Instagram.

There is no limit to the number of entries that a participant can accrue. Performance Running may announce opportunities to earn "bonus" entries during the course of the Contest.

All logged runs (entries) must be received by the Contest end date, June 30, 2021. Participants that do not log their entries by June 30, 2021 may still be eligible for the Finisher's prizes, but late entries will not be accepted for the Grand Prize, Second Place, or Third Place.

Prize winners will be announced on Friday, July 2, 2021. Prize winners will be notified online at PerformanceRunningSolutions.com, online at Performance Running's Facebook page, and via any email address(es) they provide during online registration. Winners will have thirty (30) days to respond – winners who do not respond within thirty (30) days will forfeit their prize.

Odds of winning are dependent of number of entries. Odds of winning will vary based on the number of participants and entries by each participant.

All prizes are non-transferrable.

No purchase, fee, or consideration is necessary for entry. Winners may be required to pay taxes on the prizes they win. All winners are responsible for reporting and paying taxes on prizes received.

Release

Performance Running and/or any participating sponsor in the Contest may require a release form to be completed by the winner and any other person or persons involved in accepting a prize. Upon accepting any Contest prize from Performance Running or participating sponsor in winner releases Performance Running and sponsors of any liability or further claims. All Participants agree to grant Performance Running unlimited use of their name, voice, picture, quotation or facsimile, without consideration, in conjunction with their participation in the Contest.

Goodwill

Participants are expected to log runs and participate in the Contest in good spirit and with goodwill.

No Medical or Healthcare Advice Provided

Consult with your doctor before starting any workout routine – including this Contest. Only your doctor can determine how much exercise is safe for you. Starting an exercise program that is more strenuous

than you are ready for can result in injury and serious medical problems. Performance Running is not, and will not, provide medical advice or treatment of any kind to participants in the Competition.

No information presented on this website (performancerunning.com), printed material, social media posts, or communication by Performance Running is intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty during the Contest, stop and consult your healthcare provider.

Contest Administration & Decisions

Performance Running, at its sole discretion, reserves the right to allow/disallow any entry or participant. Participants may be removed from the Contest and deemed ineligible for Prizes at the sole discretion of Performance Running.

The decision of Performance Running for any/all matters related to the Contest is final.

More Information

For more information on the Spring Stride Contest please visit PerformanceRunningSolutions.com/contest.