



1. Q: What is #AmplusRun? A: #AmplusRun is FUN RUN for all ages and abilities. There is no ranking, no official results. It is about sharing positivity by performing simple actions.
2. Q: What is the objective of the run? A: The objective of this run is to bring people from all over the world to get together and share hope, love and positivity in the middle of a pandemic. This is a fun run aimed at alleviating stress and anxiety brought about by the Covid-19 Pandemic.
3. Q: How can I participate? A: All participants need to do is register on the #AmplusRun website (www.Amplus.Run), enjoy the run and share funny posts with friends and other runners using #AmplusRun @AmplusRun
4. Q: Where is the run taking place? A: Participants can run anywhere, any distance and any day; event treadmills are accepted.
5. Q: What is the procedure of registration? A: To register, simply click on "Register", select your running distance and fill the form. A confirmation e-mail will be sent to your inbox with all the details of the run, as well as reminder before the event takes place so you don't forget to put your running shoes on.
6. Q: Is there a registration fee? A: No. AmplusRun is a free Fun-Run, a movement about sharing smiles, love and happiness. It is a FUN RUN for all ages and abilities.
7. Q: How can I share positivity in #AmplusRun? A: By capturing & sharing on social media using @AmplusRun or #AmplusRun, you can inspire others with positive videos and pictures of your run. This is about sharing smiles and happiness, hope and love. Explore our cool custom bibs, funny avatars, costumes & run maps on www.Amplus.Run

