***Without the rings and flame, but with equal enthusiasm. The Virtual Summer Games will bring together athletes from all over the world***

**They can be a sports diversification of your holiday. A test of your physical condition or just fun that you can enjoy with friends. The Virtual Summer Games will combine real sport with the online world and you will be able to engage immediately in several disciplines and measure your strength with competitors from all over the world, while registration and participation is free.**

www.summervirtualgames.com

The attention of sports fans worldwide was to have been focused during these next weeks on one place – Tokyo in Japan, where the Olympic Games were to begin on 24 July. But the coronavirus has led to the postponement of the biggest sporting event on the planet until 2021.

Athletes worldwide are now getting the chance of participating in other games which will allow them to engage from whatever place on the planet to respect all epidemiology precautions and measure their strength with millions of other amateur, performance and professional athletes from 24 July to 9 August (registration opens on 21 July). The programme of the Virtual Summer Games consists of running, cycling, triathlon, swimming and walking. **Children in their categories can also participate**. Besides their starting number and diploma, competitors can also gain a successful participation medal.

**Motivation for beginners, test for the experienced**

They will do without a flame and flags with the five rings, but will offer the same form of entertainment and excitement, perhaps even more than the real games. The Virtual Summer Games project builds on the popular Virtual Runs in which hundreds of thousands of Czech runners have taken part in the past few months. They will also become part of the worldwide Virtual Summer Games (summervirtualgames.com) and each participant will automatically join in the worldwide sporting event. But performance, age and gender do not matter.

The principle is simple: you will be able to register on the [www.summervirtualgames.com](http://www.summervirtualgames.com) website in several seconds for races that you find the most interesting. Then you will complete the selected discipline in the real world and you will measure your performance using a sports watch, any phone app or take a photo of the time on a stopwatch. Finally via an email link you will record your result and proof of your performance (such as a photo, screenshot from Garmin Connect, Movescount, Endomondo, Strava etc.) on the Virtual Summer Games website. It will be possible to follow the continuous order on-line. **All is free so that lack of money does not become an obstacle for participation to any athlete.**

“The popularity of the Virtual Runs is growing very fast. All the timidity which occasionally puts people off taking part in real competition disappears. They do not have to be afraid that somebody will see them or that they will come last. There is also the advantage that they can complete a race over a longer time window and do not have to plan family weekends according to the deadline list of real races. It is even possible to complete each race several times, or try out several tracks. For performance athletes virtual races are an entertaining training diversification. We have proof that even though this is a virtual race, athletes have an unconscious perception of it and achieve better results and many time break their personal records,” Virtual Runs organiser Pavel Kosař lists the reasons for the popularity of virtual racing.

**Run, ride a bike, swim, try out the triathlon**

In the Virtual Summer Games real sports and disciplines are inspired by the most common world sport distances:

* **Running:** 800 m, 1500 m, 5000 m, 10 000 m, 21 km, marathon
* **Cycling:** 25 km, 50 km
* **Swimming:** 800 m, 1500 m
* **Triathlon:** Olympic (1.5 km swimming, 40 km cycling, 10 km run), sprint (0.75 – 20 – 5 km). A race does not have to be completed in one go, but disciplines must be completed within 24 hours
* **Walking:** 10 km, 20 km

**But the order of the results is not important. The aim of the project is to motivate amateur athletes in their beginnings, inspire them to overcome their own limits and support them in the natural human spirit of competitiveness. You can complete races with your family, friends or turn them into a challenge for your colleagues at work.**

For more information visit the letnivirtualnihry.cz website, you can also follow the current events on social media, via the hashtags #SummerVirtualGames #SVG2020 @SVG

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**Please help us to promote races at home and abroad**

This is the first time that anyone has attempted to organise a similarly ambitious virtual project. We have set ourselves a barrier-free goal **to draw the entire world into a virtual game**.

Individual sport and virtual competition are a community affair and can only be truly successful once many people join in with whom it is possible to share many experiences and routes, make comparisons, be motivated and motivate others.

For the first time it is possible for the entire world not to applaud a handful of elite athletes, but for the elite athletes to applaud thousands of those who achieve their own small or big goals.

**HELP** us therefore with the promotion not just in your homeland, but you have the chance to do so throughout the world. Share your experiences, runs, numbers, tell your friends about the races and join in the project which will enable people from all corners of the world to combine and compare their strength over the course of 16 days of competition.

Send your friends information about these virtual games and ask them to send it on. Send whatever you think but just to make things easier we have made it possible to download images and texts in several languages. You can find the event on Facebook here.

Thank you very much for any of your help.

Email for the media:

Important news: the worldwide project Virtual Summer Games wants to address all athletes of the world

Dear Colleagues, we are sending you information about the “Virtual Summer Games” which aims to get the entire world moving for 16 days. The ambition of the project is to become the biggest community project in the world. Absolutely everyone can join for free. This also applies to athletes in your country. You can find details in the attached press release. We believe that the project is truly unique and this release should be included among the sports news in your media. We hope that that virtual running, cycling, swimming, triathlon, or walking will inspire you too and you will personally join in this global sports event.

We also wish to thank you in advance that together with us by publishing this release you will help get the entire world moving.

We are ready to provide you with any additional information or interviews should you so require. On the project’s website you will find a media section where there are images, graphic documents and texts in several languages for which we provide an unlimited licence for media usage.

We would greatly appreciate it if you were to send on this release to your colleagues at home and abroad if you think it could be relevant for them.