HOW DO I TRACK MY RUN?

WE-KEEP-ON
RUNNING
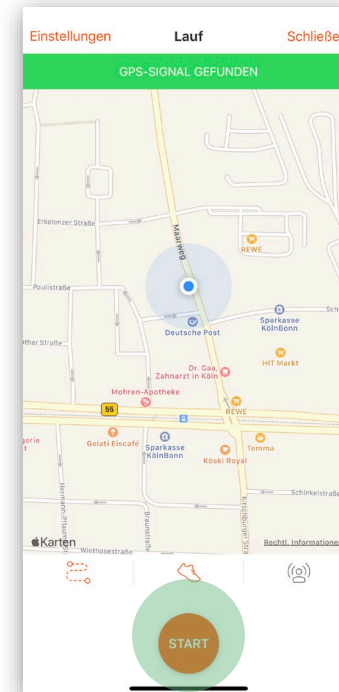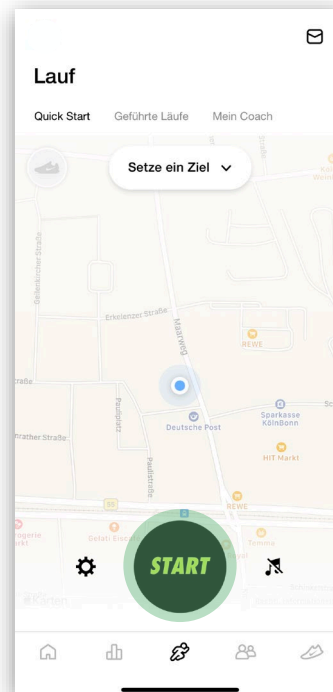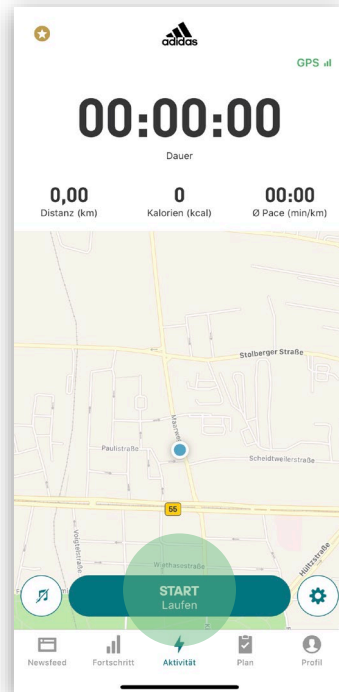
Open a running app* of your choice on your smartphone.
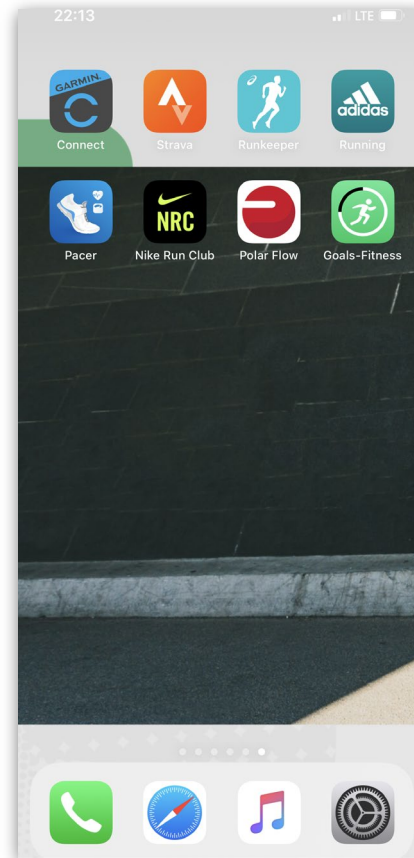
*You can download a running app** in the Apple App Store (iPhone) or in the Google Play Store (Android).

**The running apps displayed in this presentation are for visualisation purposes; they in no way provide an individual recommendation.

Your performance is being recorded!

Click on *START* and begin your run.

! *RUNNING-TIP*

Some running apps let you set a fixed distance in advance. Doing this you ensure that you neither run too far nor that the measured time is inaccurate. Just look into your app's settings.

You reached your destination!

Stop the tracking as soon as you reached your distance goal by pressing STOPP/BREAK.
Now you can take a screenshot showing an overview of your running performance.*
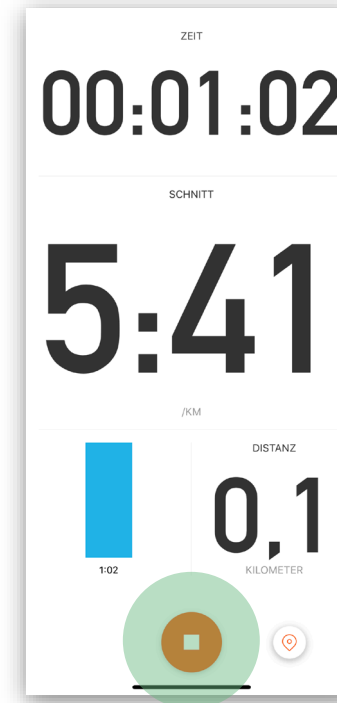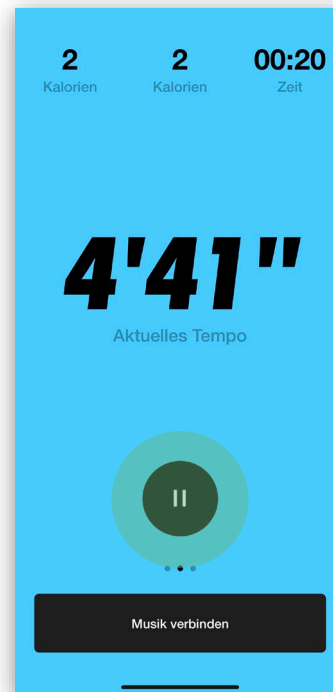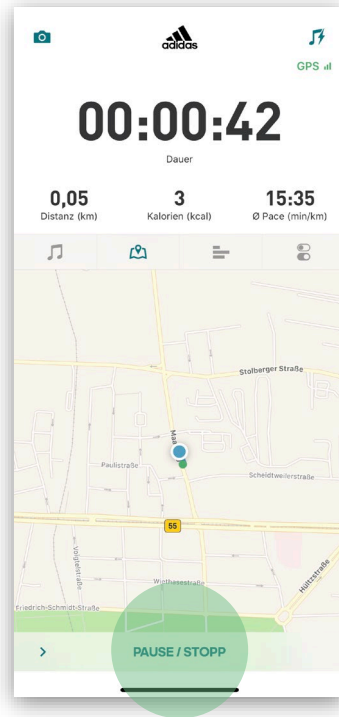
*You don't know how to take a screenshot?
No problem. Just google "screenshot" and the model of the
phone you're using.

Transmitting your time via the upload link

Open your registration confirmation email and click on the attached upload link.

You are now in the window for uploading your time. Click on the corresponding sections in order to ttransfer your measured time and the screenshot/picture.

Your finisher certificate is on its way!
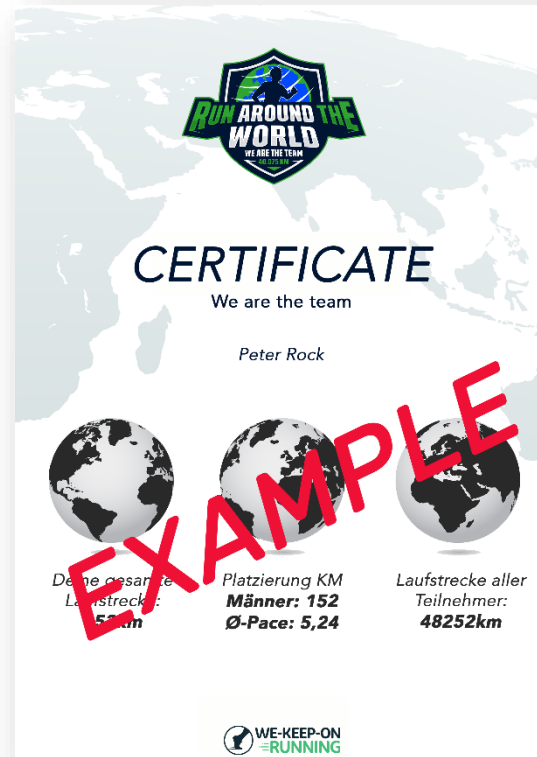
You can now lean back and be happy about your accomplishements as well as your personalised finisher certificate.

Thank you for participating!