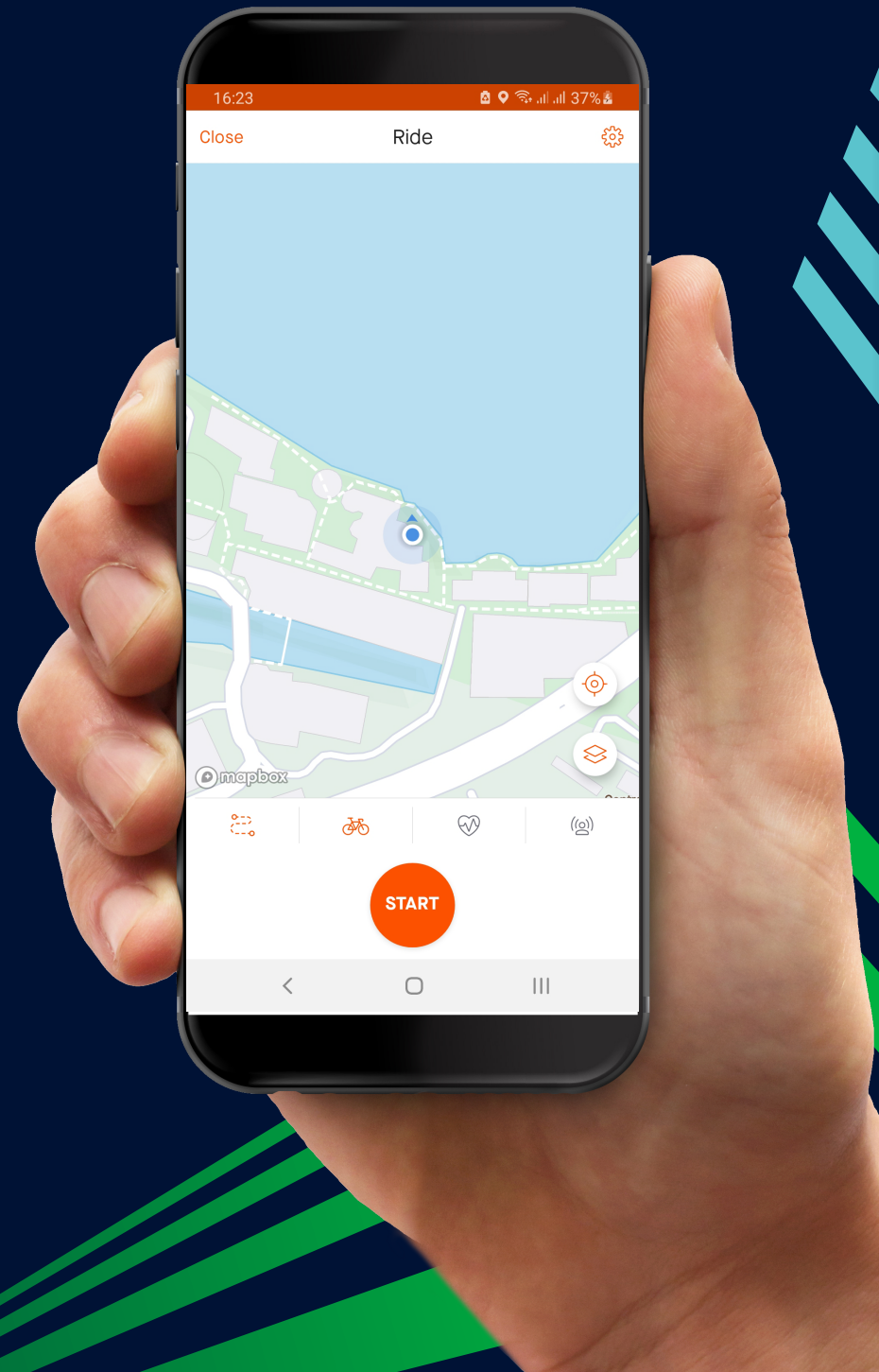


STEP 1

Record your 6km or 12km run with the Strava app using your smartphone or GPS running watch. Please make sure to run exactly the distance you registered for.

**You can also participate without a smartphone or watch. You will the option to enter your time manually.*

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STEP 2

Take a funny selfie!

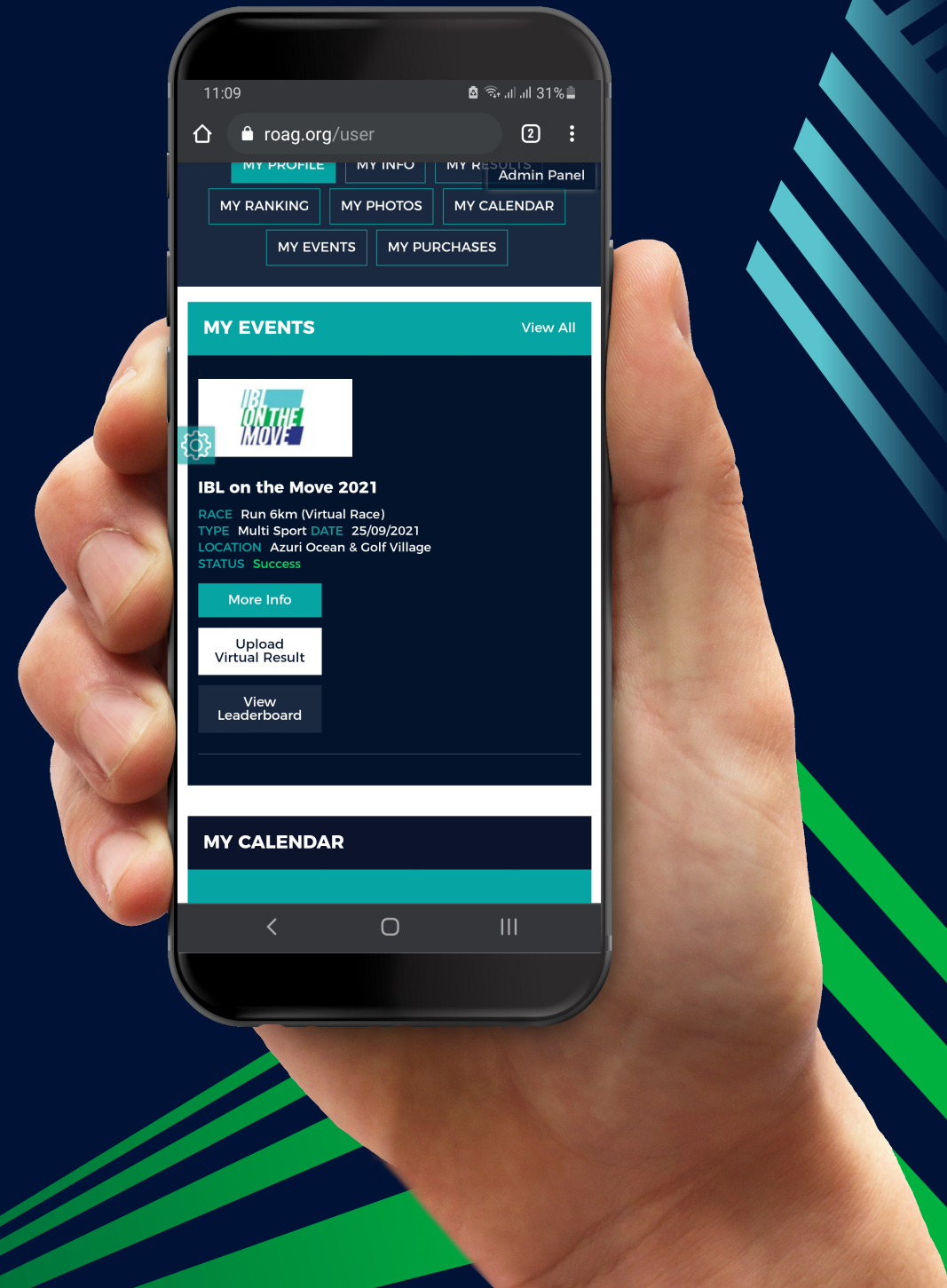
**optional, for challenges only*



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STEP 3

Log in to www.roag.org,
go to my profile > my profile >
Upload Virtual Result



STEP 4

Link your Strava activity or input your race time manually. Please make sure your Strava activity is public.

Upload your selfie.

** selfie and strava link are optional, for challenges only*

DONE!

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