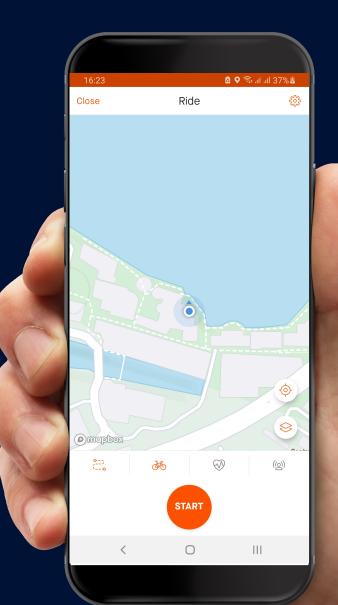
Record your 6km or 12km run with the Strava app using your smartphone or GPS running watch. Please make sure to run exactly the distance you registered for.

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





Take a funny selfie!

*optional, for challenges only





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



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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!



