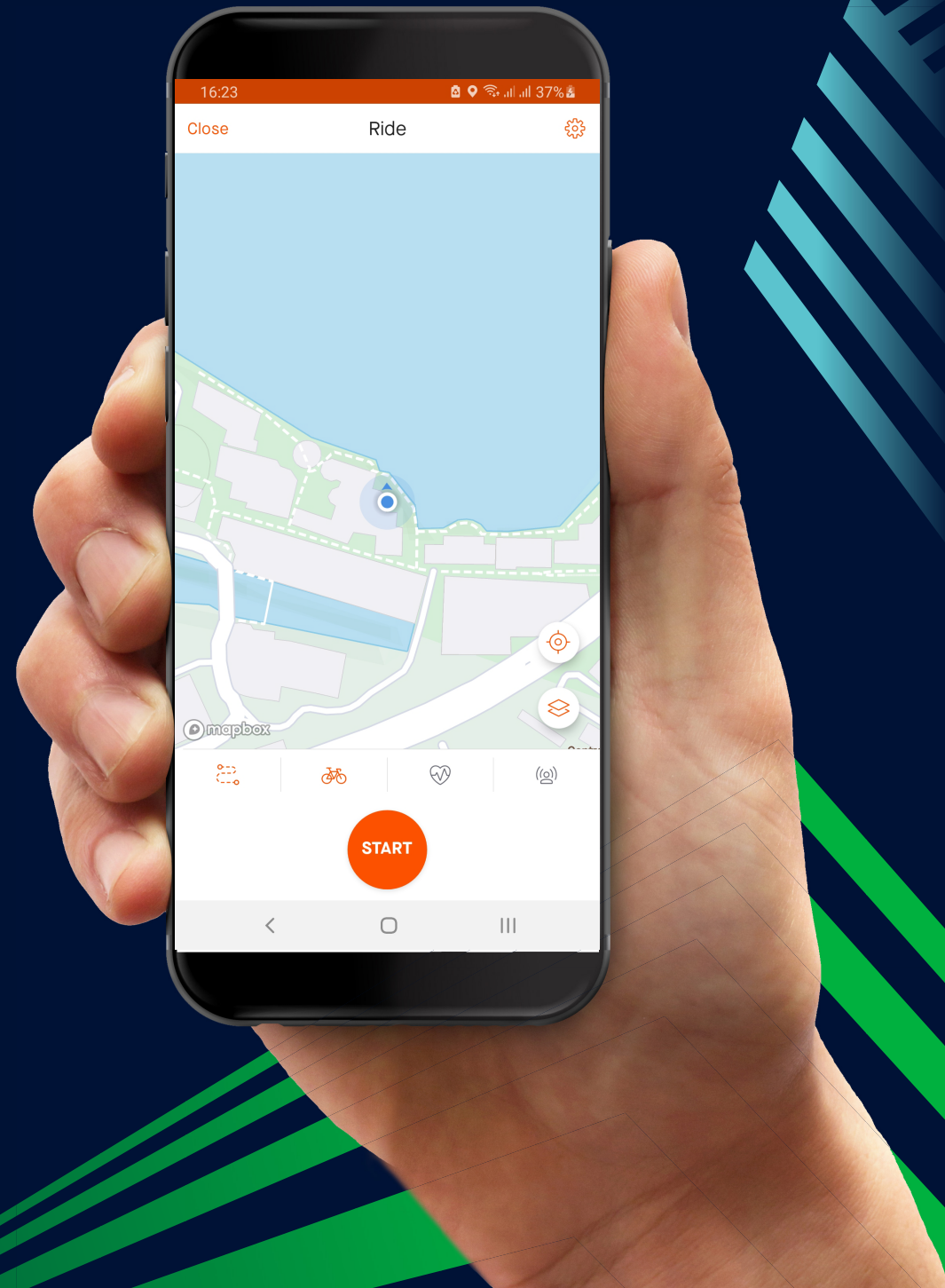


# STEP 1

Record your 6km or 12km run with your favorite smartphone app (Strava, Runkeeper, Runtastic,...) or running watch.

*\*You can also participate without a smartphone or watch. You will be able to enter your time manually on roag.org.*

**IBL**  
**ON THE**  
**MOVE**

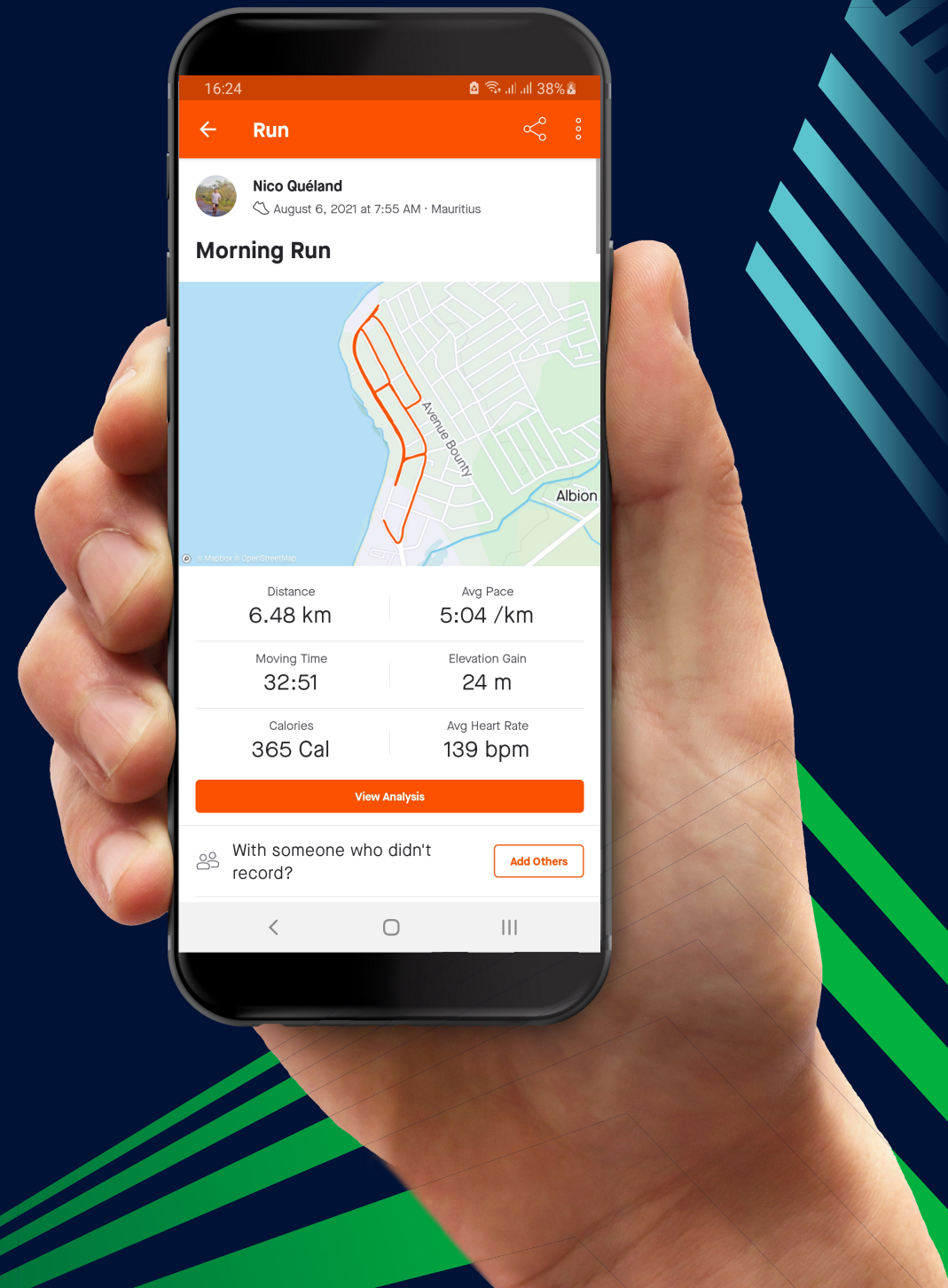


# STEP 2

Once your run is finished, take a screenshot of your run on your app

*\*optional, for challenges only*

*\*please ensure that the start time, location, and elevation are visible.*



# STEP 3

Take a funny selfie!

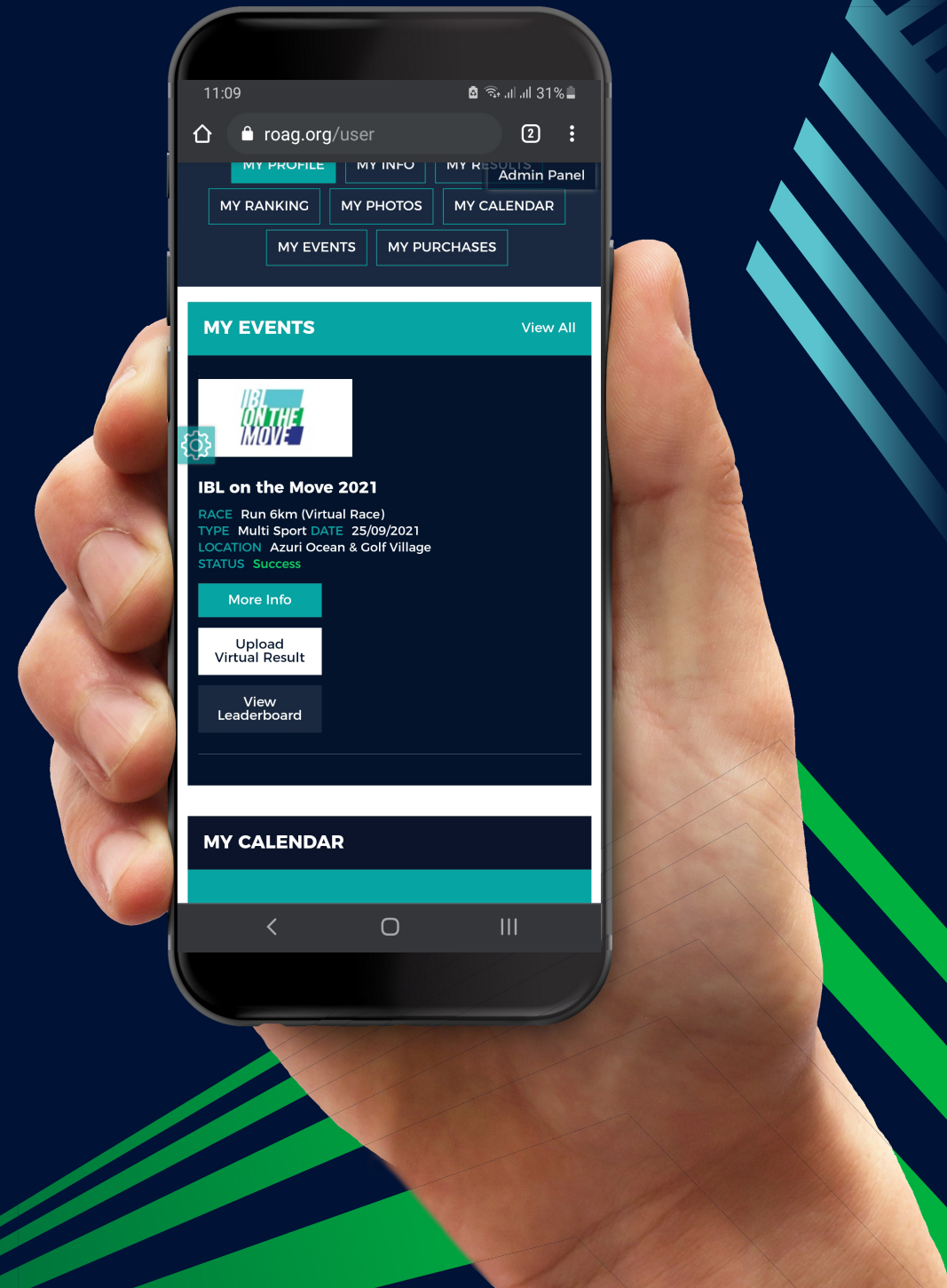
*\*optional, for challenges only*



**IBL**  
**ON THE**  
**MOVE**

# STEP 4

Log in to [www.roag.org](http://www.roag.org),  
go to my profile > my profile >  
Upload Virtual Result



# STEP 5

Enter your race time manually

Upload your run app screenshot and your selfie (both at the same time)

*\* selfie and screenshot are optional, for challenges only*

**DONE!**

