



15 July - 9 August 2021

BEDOK VIEW LIGHTHOUSE VIRTUAL RUN



**BEDOK VIEW LIGHTHOUSE
VIRTUAL RUN BRIEFING**

RACE INFO



- Running period: 15 July – 9 August 2021
- Event website: <https://web.42race.com/race-bundle/bedokviewlighthouse>



- Run category: starting from 5.6km, 11.2km, 16.8km, 22.4km.

**CHALLENGE
YOURSELF**

**COLLECT ALL
4 E-BADGES!**



**SPECIAL
CHALLENGE!**



OBJECTIVES OF BV VIRTUAL RUN



1. Join us in celebrating youths and enabling you to develop your fitness potential.
2. This event gives you the opportunity to bask in the finish line without the stress of the start line because it's all on your time and terms.
3. This inaugural BV virtual run puts you in charge of how you experience the event and when and how you run or walk it.
4. From daily activity goals to earning that first race medal, the options are endless for how you challenge yourself.
5. The inter-class and staff races provide a great sense of accomplishment along with some bling to prove and commemorate our Nation's birthday.
6. Setting a common goal for BV can be a strong tie that brings students and staff together, and completing this virtual run would be a great goal to get Bedok Viewans motivated working towards a common goal as a class and school.

SAFETY PRECAUTIONS



- ❖ Students/Staff who have gone for a vaccination dose within the past **one week**, please do not engage in strenuous physical activities.
- ❖ For students/staff who have had a vaccination dose **more than one week ago**, and/or are not feeling well, please do not engage in strenuous physical activities.
- ❖ Please be reminded to seek medical attention promptly if they develop chest pain, shortness of breath on exertion or abnormal heartbeat after vaccination.
- ❖ If you feel unwell at any point during the activities, it is important that you stop immediately and seek help if necessary.

BV Lighthouse VR 2021 RACES

01

INDIVIDUAL RACE

- Complete 5.6km to achieve a badge.
- Be the Top 10 Boys / Girls from your level with the longest distance by 5 Aug.

03

STAFF RACE

- Complete 5.6km to achieve a badge.
- Be the Top 10 Men / Women with the longest distance 5 Aug.

02

INTER-CLASS RACE

- Achieve the highest average distance as a Class, and emerge as the Top 3 Classes of your Level by 5 Aug.

04

NATIONAL DAY RACE

- As a School, we complete 5,600km by 9 Aug, National Day.

STUDENT RACE



/ Sec 1	/ Sec 2	/ Sec 3	/ Sec 4&5
Top 10 Boys	Top 10 Boys	Top 10 Boys	Top 10 Boys
Top 10 Girls	Top 10 Girls	Top 10 Girls	Top 10 Girls
Champion Class	Champion Class	Champion Class	Champion Class
1 st Runner-Up	1 st Runner-Up	1 st Runner-Up	1 st Runner-Up
2 nd Runner-Up	2 nd Runner-Up	2 nd Runner-Up	2 nd Runner-Up

STAFF RACE

/ Department Race

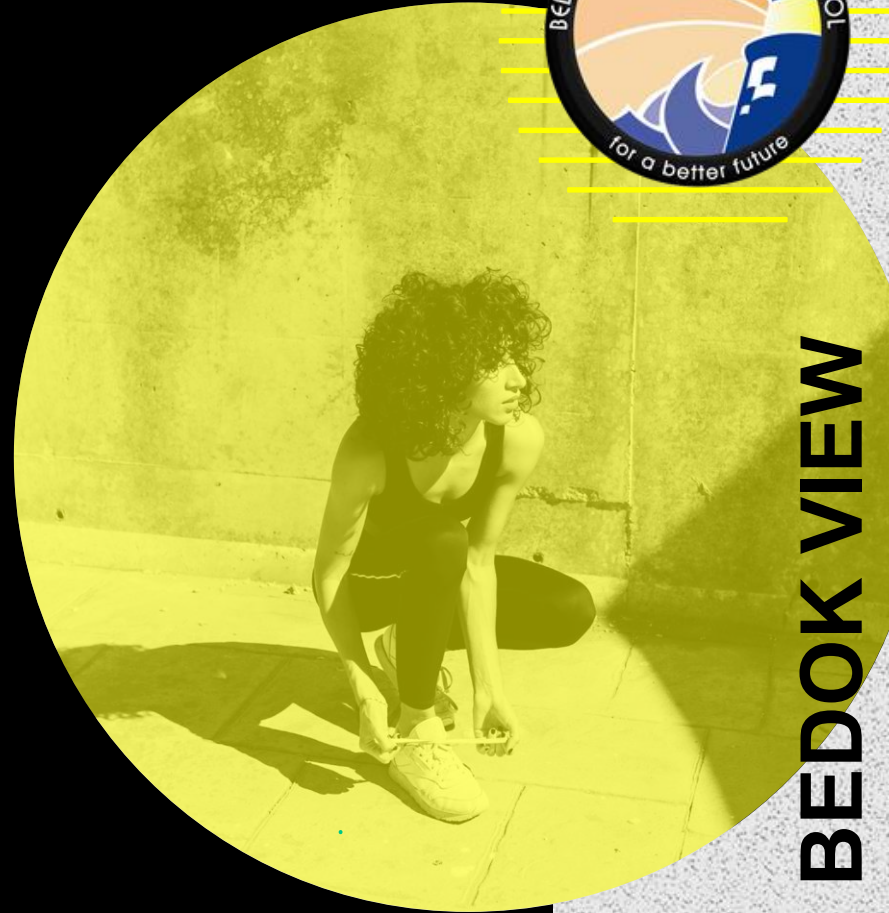


Dept A



Dept B

/ Top 10 Men & Women



BEDOK VIEW
LIGHTHOUSE
VIRTUAL RUN

2021
BEDOK VIEW
VIRTUAL RUN

5600km

is our targeted **total distance** to be completed
as a school by National Day 9 Aug 2021.



RACE RULES

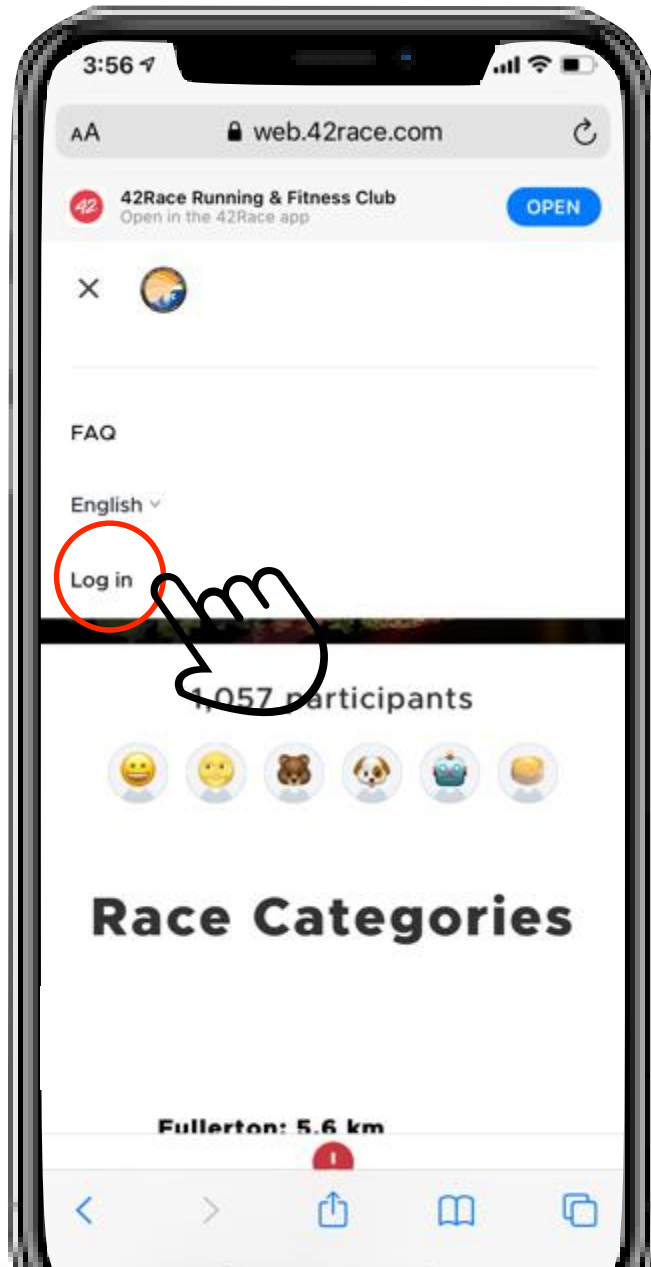
RACE RULES

- You can run, jog or walk (distance-based) only.
- Any location - preferably a park, park connector or stadium track.
- You may submit multiple entries per day and throughout this race period.
- You may only use your GPS fitness app for your run, jog or walk. For example Runkeeper, Strava, Nike Run, Fitbit and Apple watch.
- Each entry will contribute to the leaderboard.

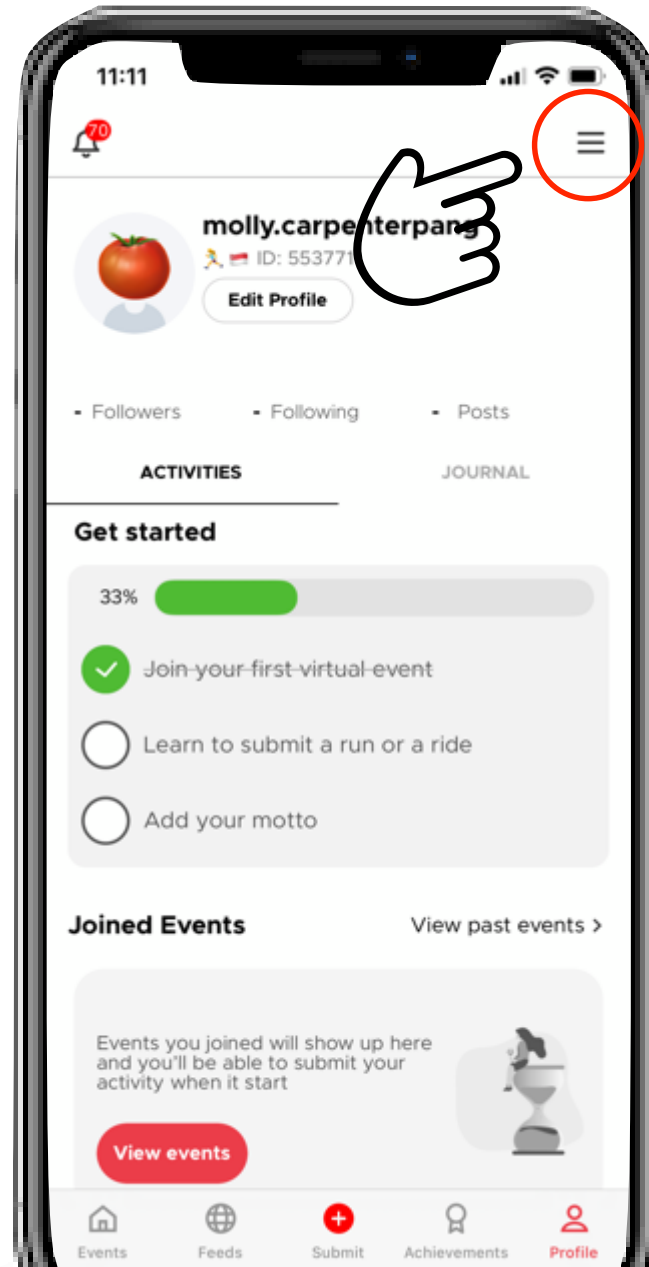
HOW TO LOG IN

**Use the email address and
password provided to you.**

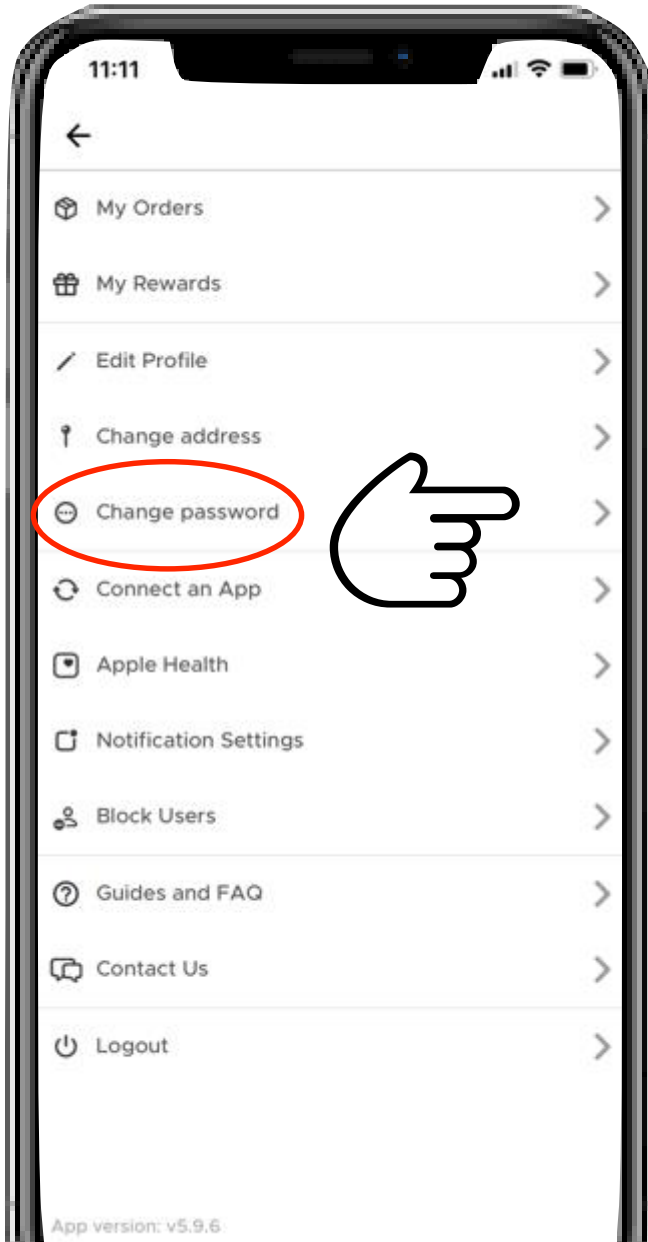
1. Go to <https://web.42race.com/race-bundle/bedokviewlighthouse> or open 42Race app and login into your account



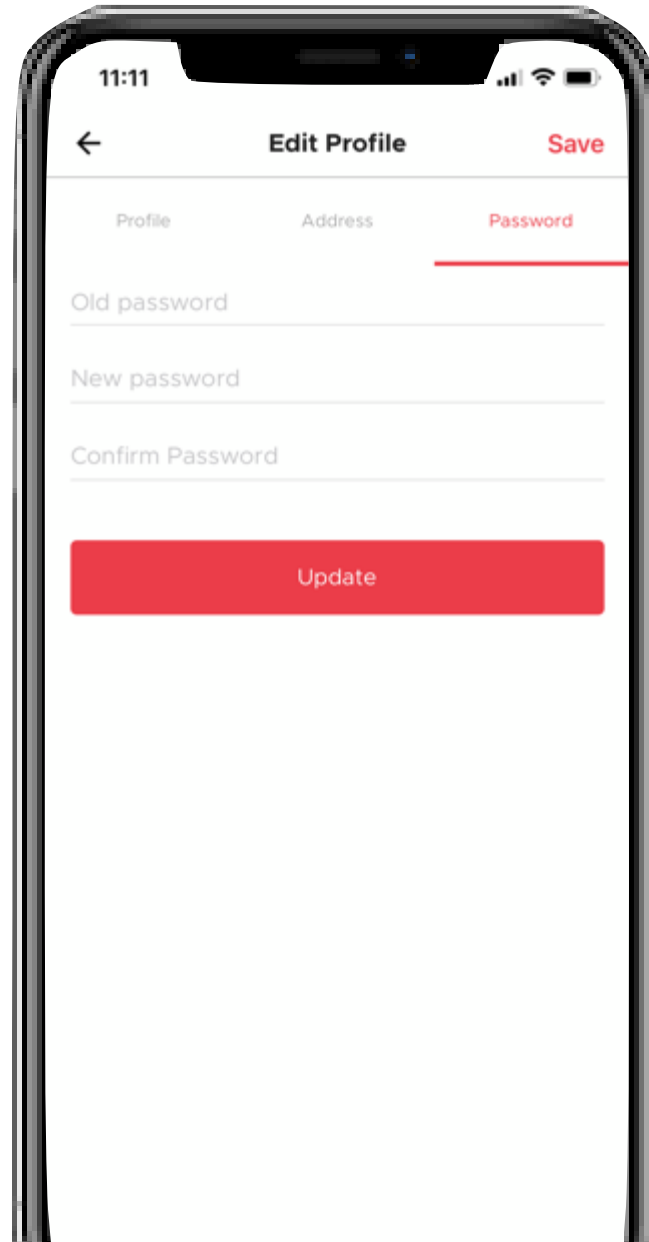
2. Go to your profile and tap the menu button



3. Tap <Change password>



4. Enter the default password and create your new password



ACCEPTED APPS

AUTOMATIC SUBMISSIONS



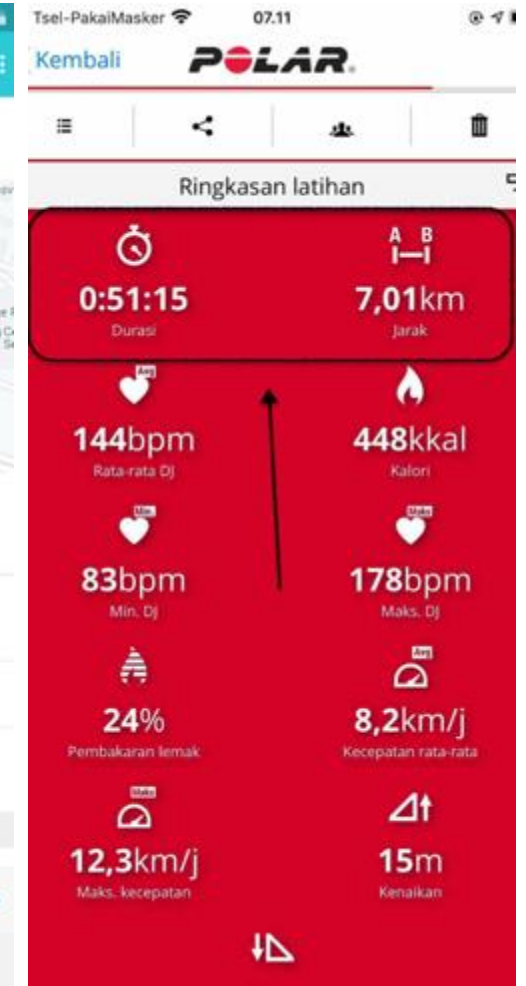
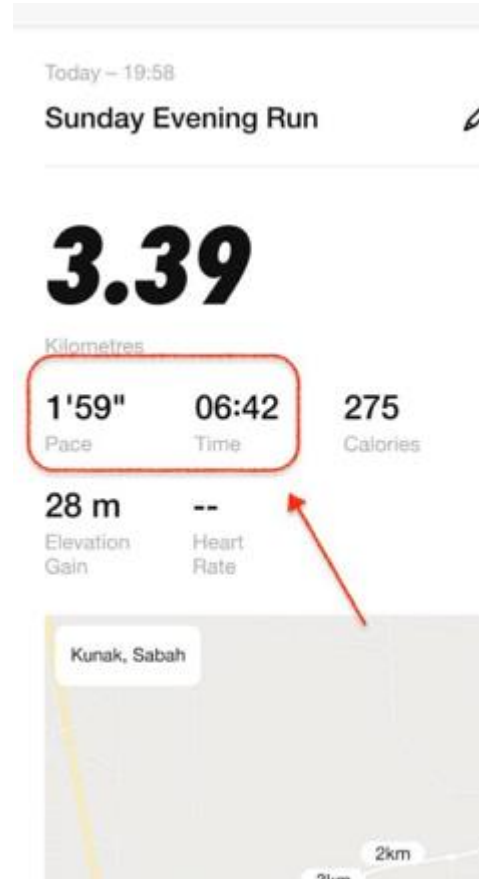
[Learn how to connect Strava app to 42Race app here](#)



[Learn how to connect Garmin app to 42Race app here](#)

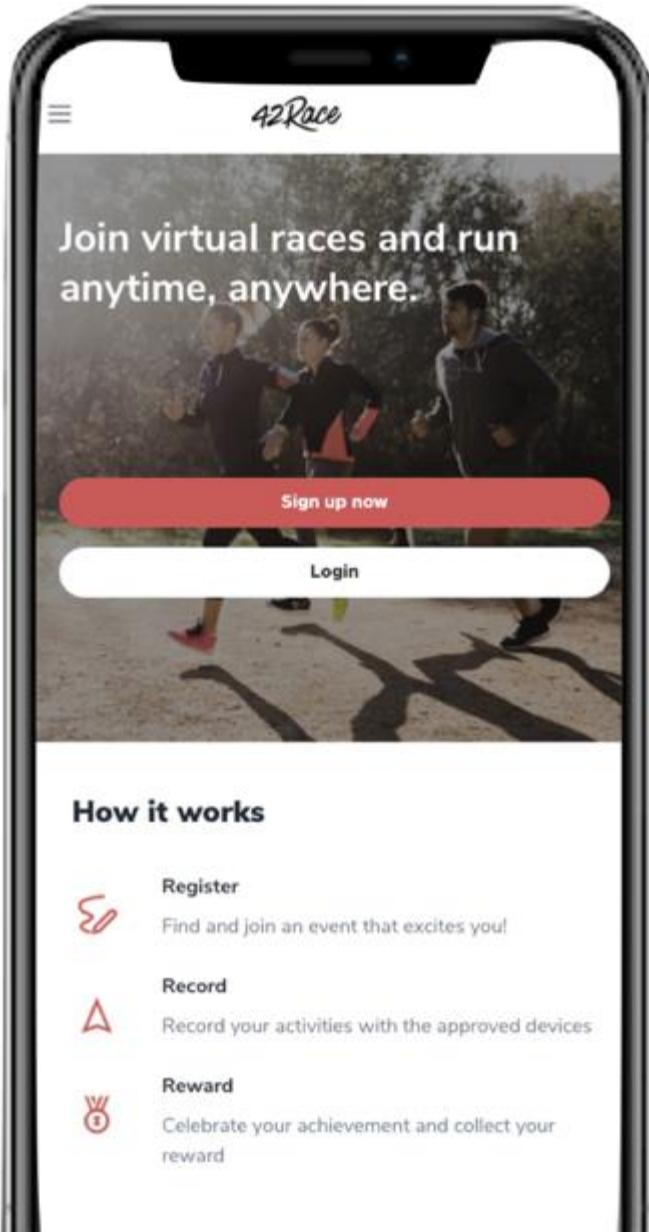
SAMPLES OF MANUAL SUBMISSIONS

(If you do not wish to use the 2 apps mentioned)

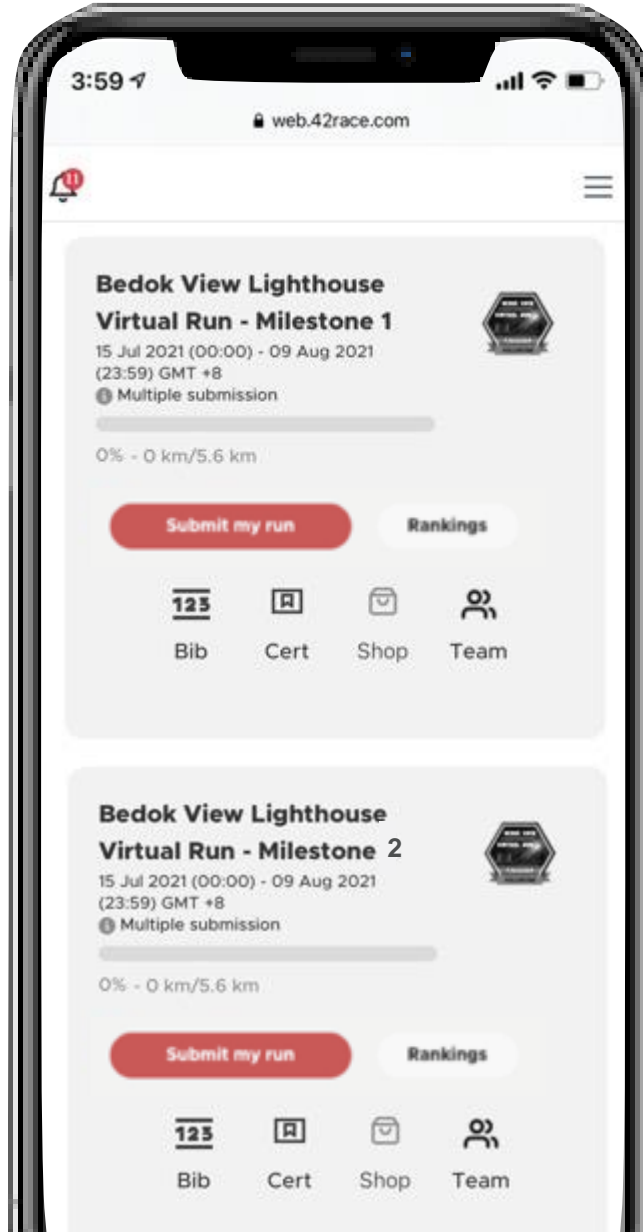


HOW TO SUBMIT (MANUAL SUBMISSION)

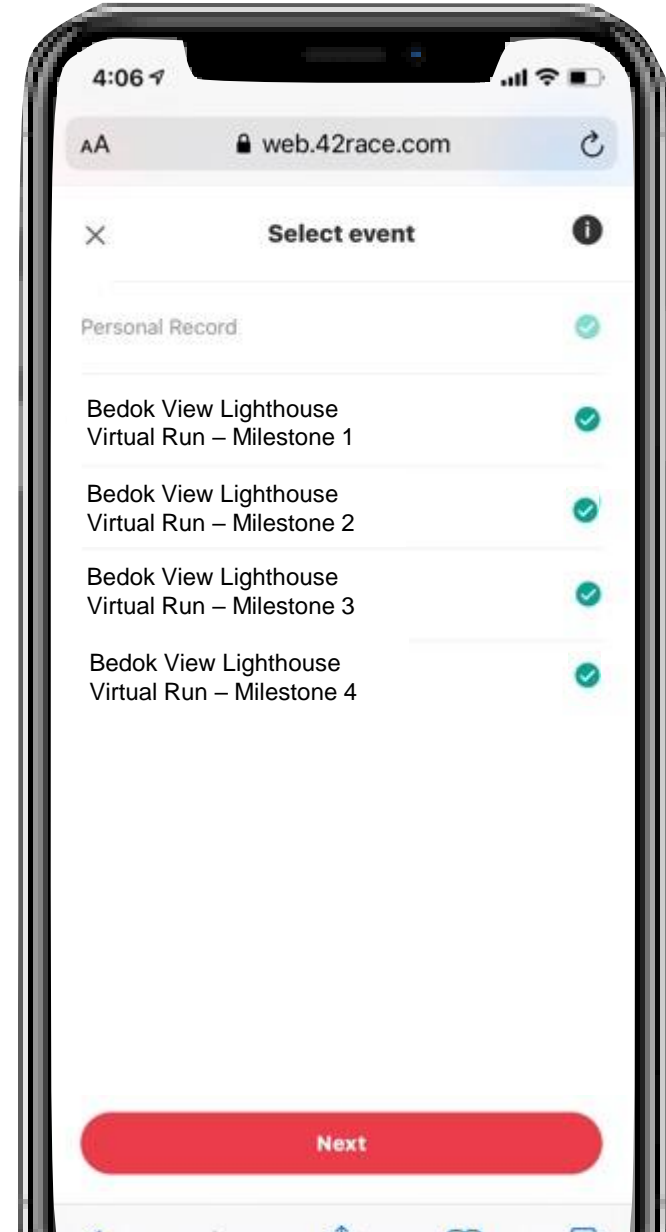
1. Go to 42race.com and login into your account



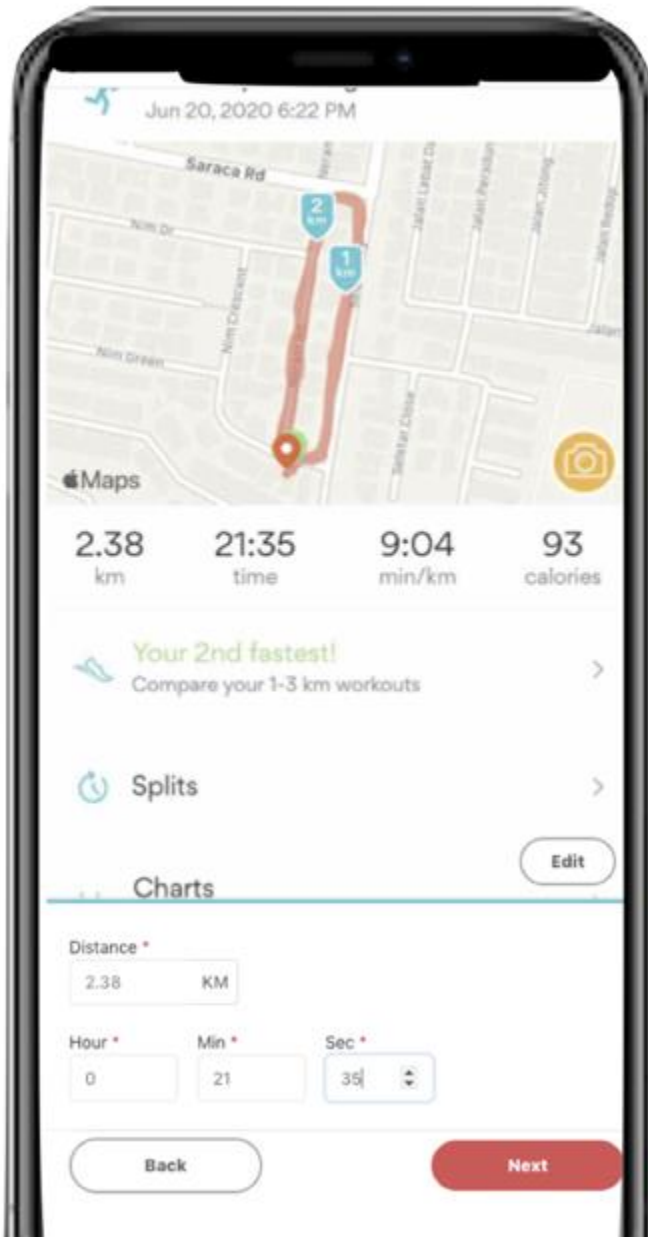
2. Upon the start of event, tap on <Submit activity>



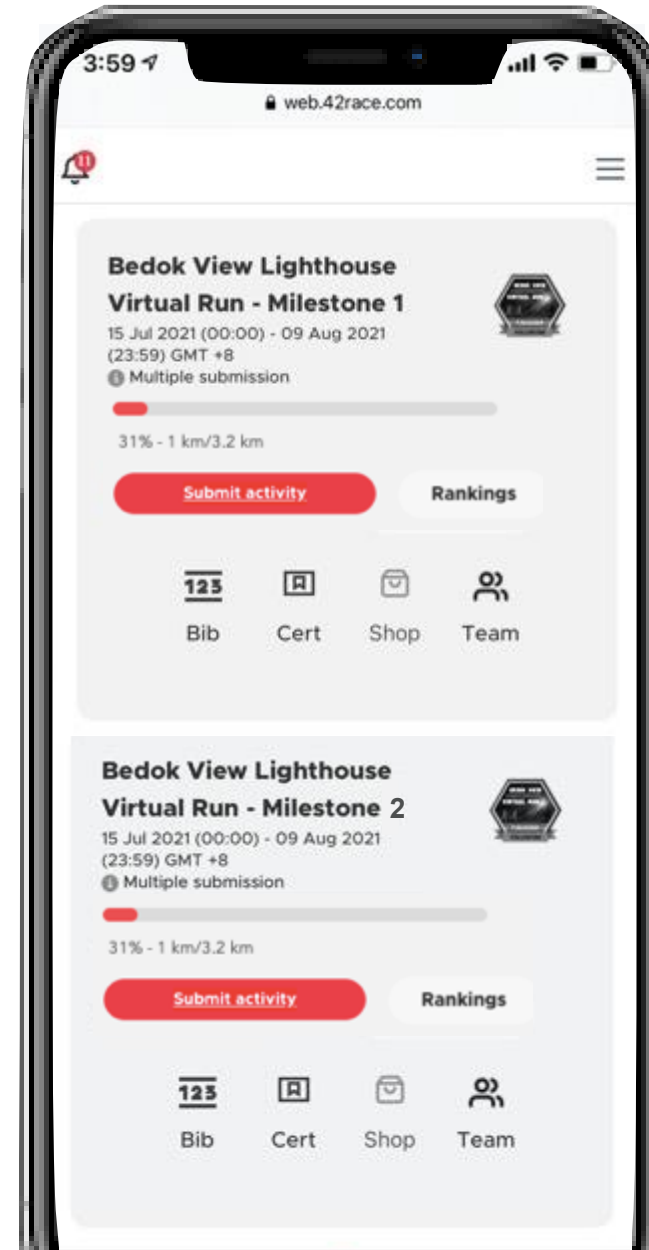
3. Click <Next>



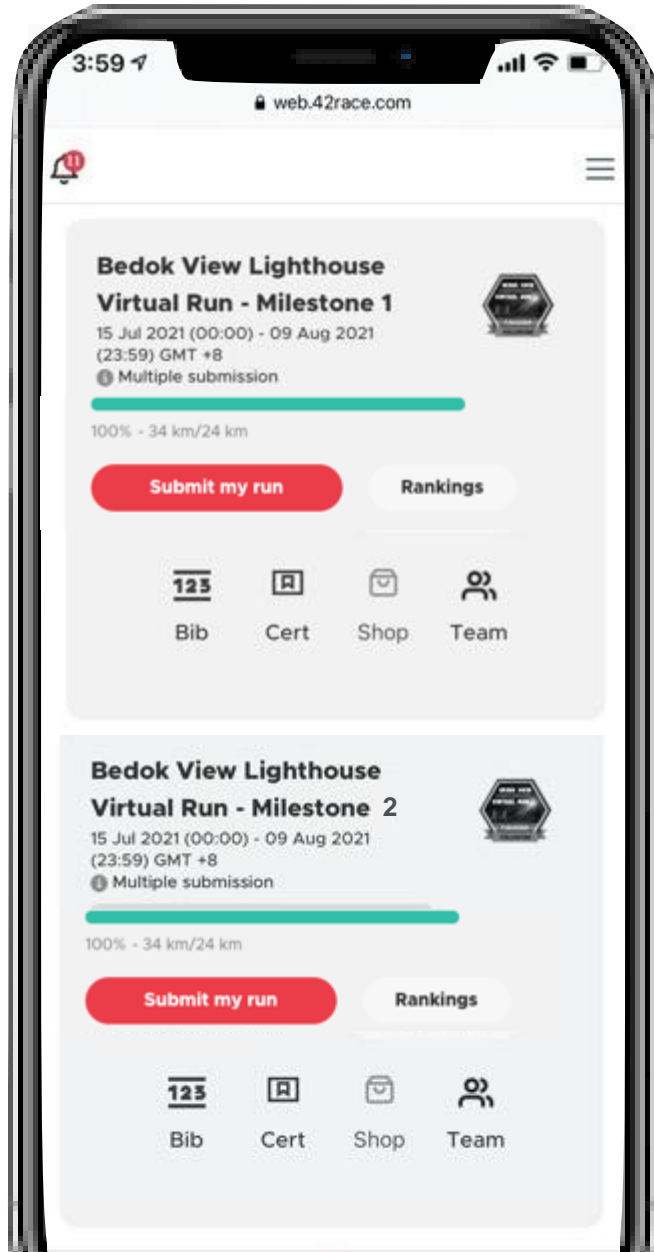
**4. Upload your activities proof,
input the data & click <next>**



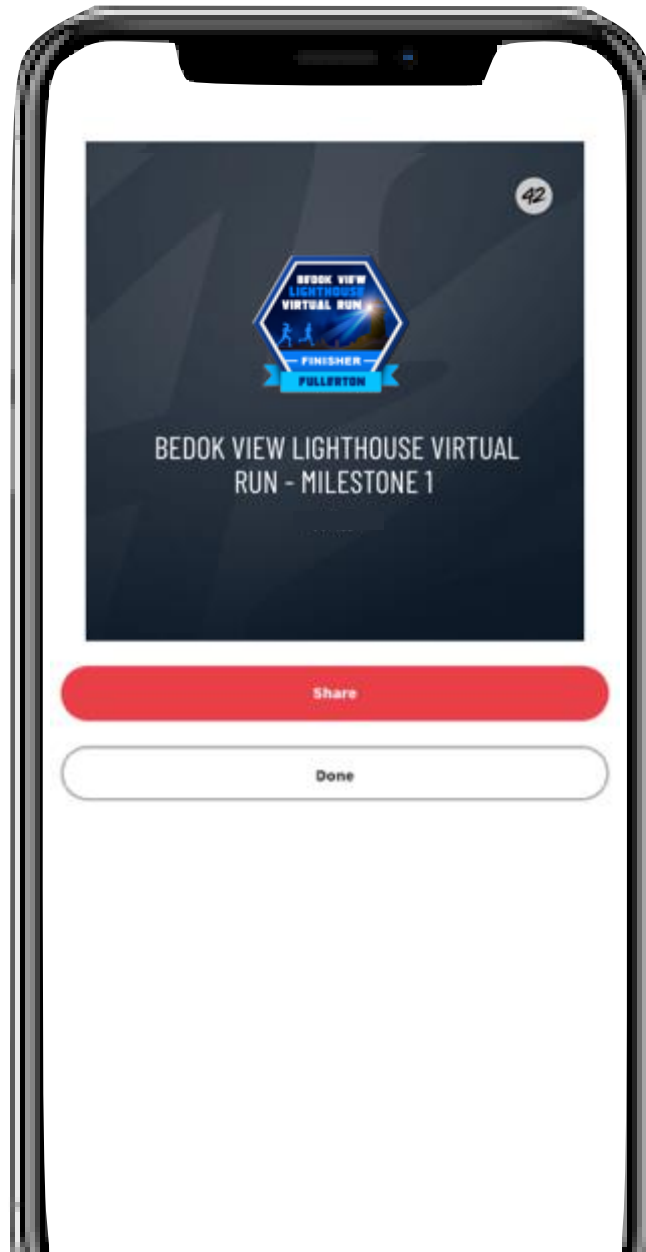
**5. Your progress bar will
be updated**



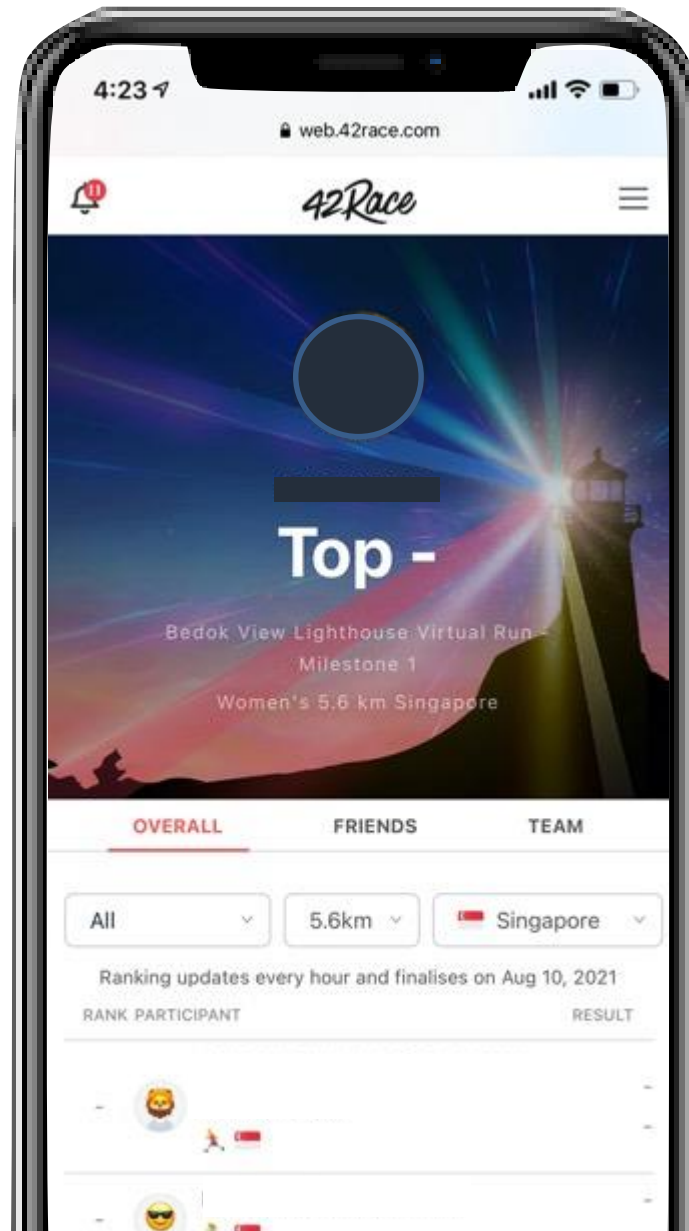
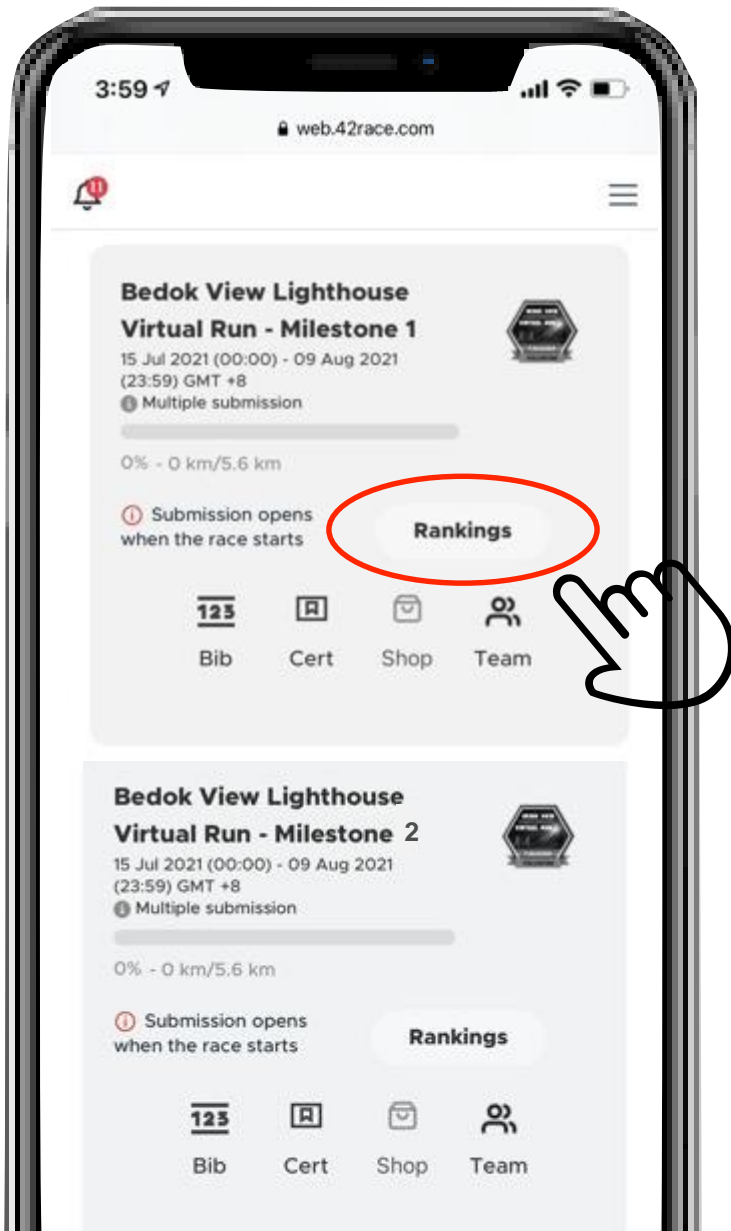
6. Your progress bar will be updated



7. Your e-badge will light up as well! Time to share your glory!



8. Tap <Rankings> to view the leaderboard



UNACCEPTABLE SUBMISSIONS

UNACCEPTABLE SUBMISSIONS

- Pedometer screen is not accepted
- Photo of treadmill activity is not accepted
- Photo of fitness watch is not accepted
- Selfies with treadmill and fitness watch is not accepted



THANKS!

DO YOU HAVE **ANY QUESTIONS?**

Please check in with your friendly
and helpful PE teacher.

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