



15 July - 9 August 2021

# BEDOK VIEW LIGHTHOUSE VIRTUAL RUN



**BEDOK VIEW LIGHTHOUSE VIRTUAL RUN  
PARENTS' REGISTRATION GUIDE**

# RACE INFO

- Running period: 15 July – 9 August 2021
- Run category: starting from 5.6km, 11.2km, 16.8km, 22.4km
- Event website: <https://web.42race.com/race-bundle/bedokviewlighthouse>



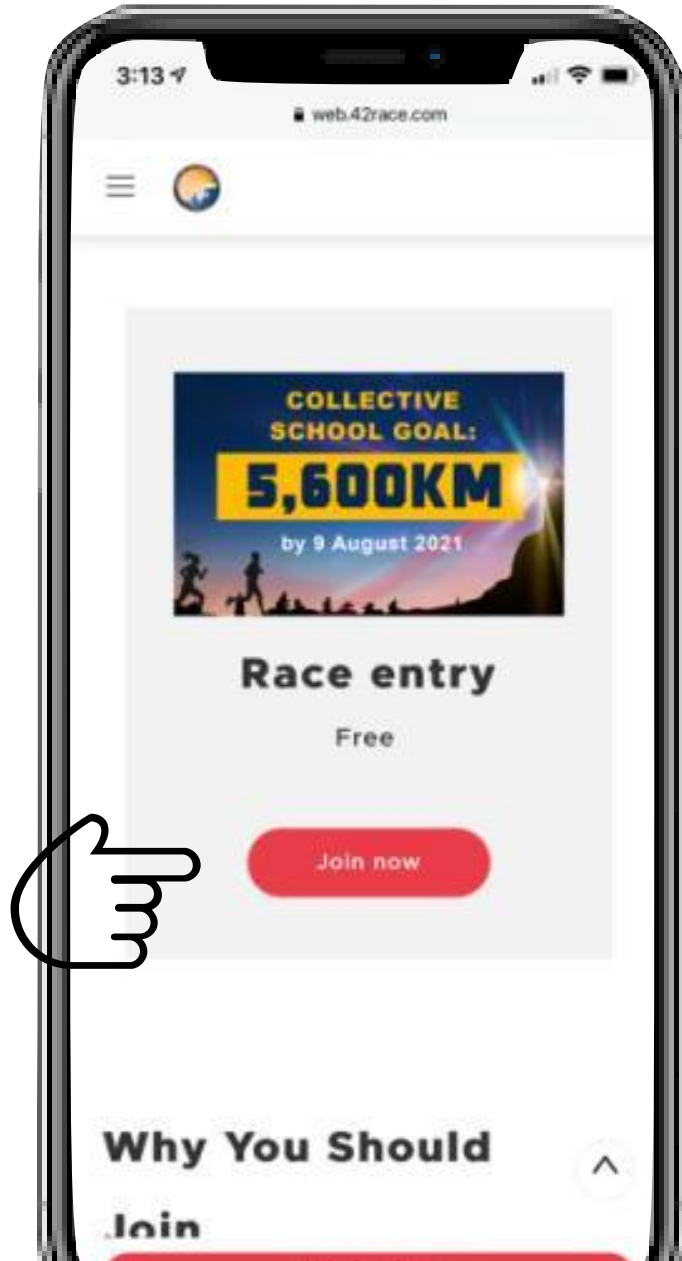
# RACE RULES

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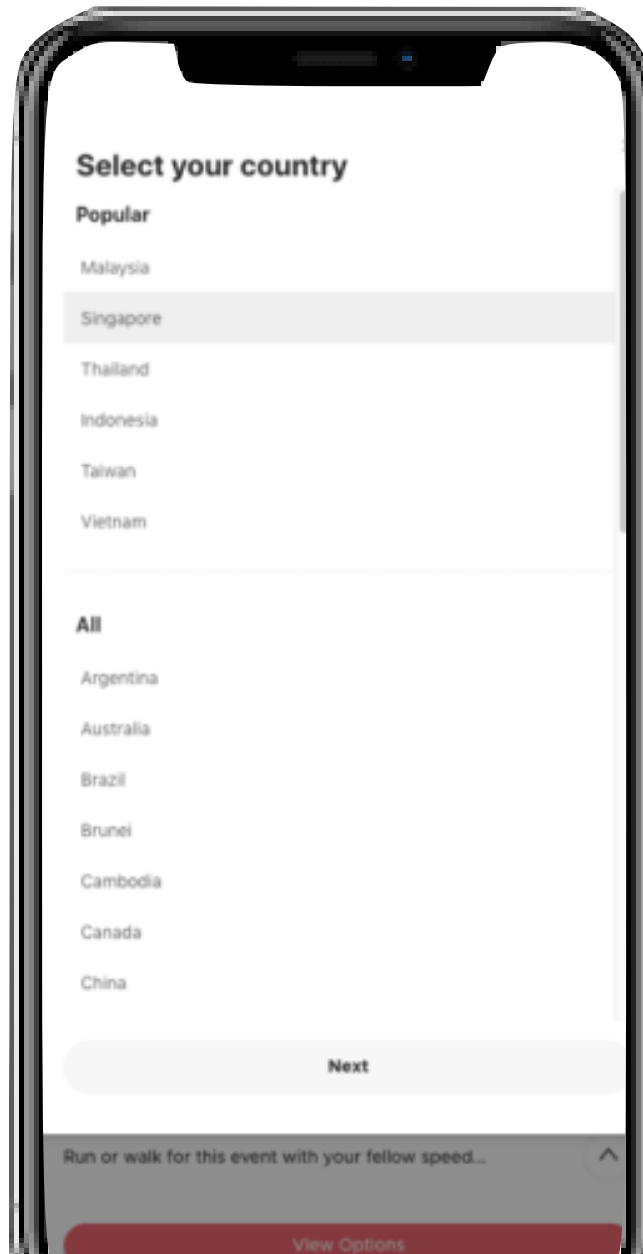
- You can run, jog or walk (distance-based) only.
- Any location - preferably a park, park connector or stadium track.
- You may submit multiple entries per day and throughout this race period.
- You may only use your GPS fitness app for your run, jog or walk. For example Runkeeper, Strava, Nike Run, Fitbit and Apple watch.
- You will be awarded a **BVLVR 2021 Finisher Medal** after completing all **4 Lighthouse E-Badges Challenge**.

# HOW TO REGISTER

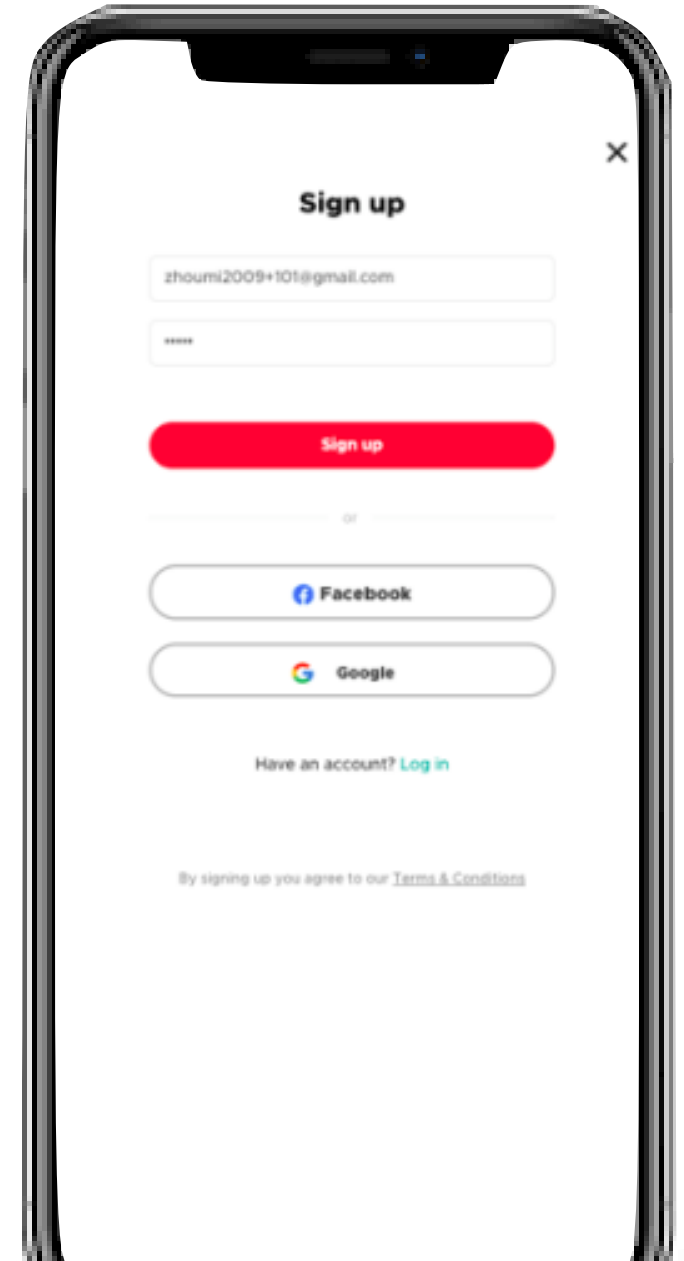
1. Go to <https://web.42race.com/race-bundle/bedokviewlighthouse> & click Join Now



2. Select your country



3. Input your email and password

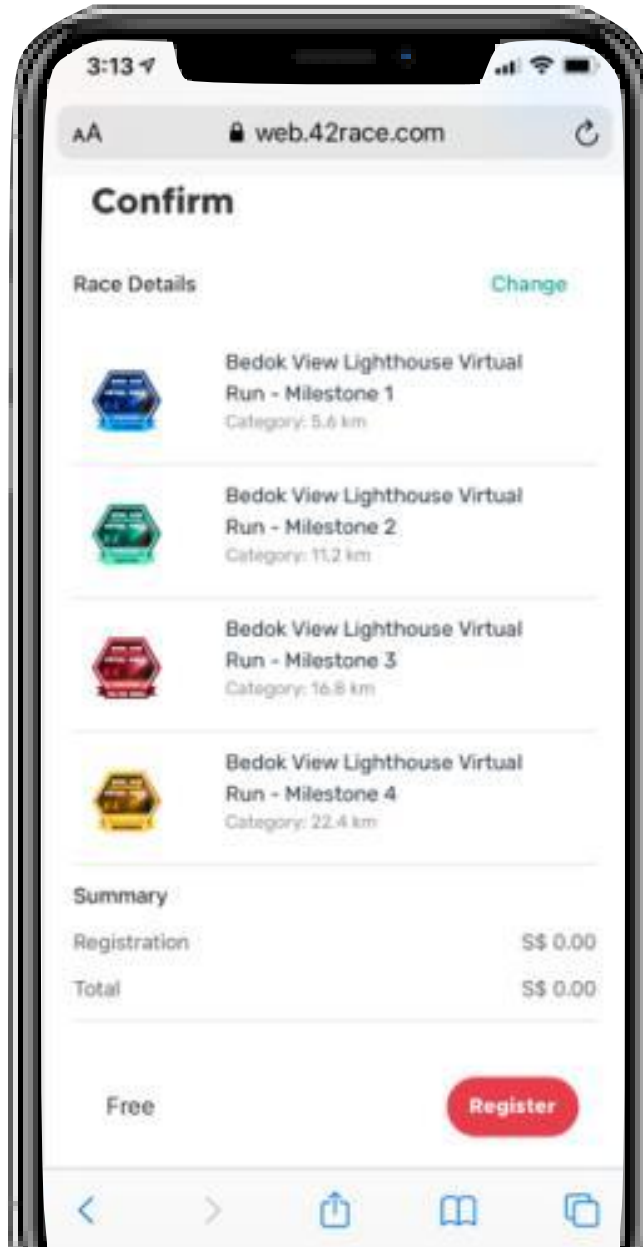




#### 4. Select your gender



#### 5. Confirm your registration



#### 6. You're in!



# ACCEPTED APPS



# AUTOMATIC SUBMISSIONS



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



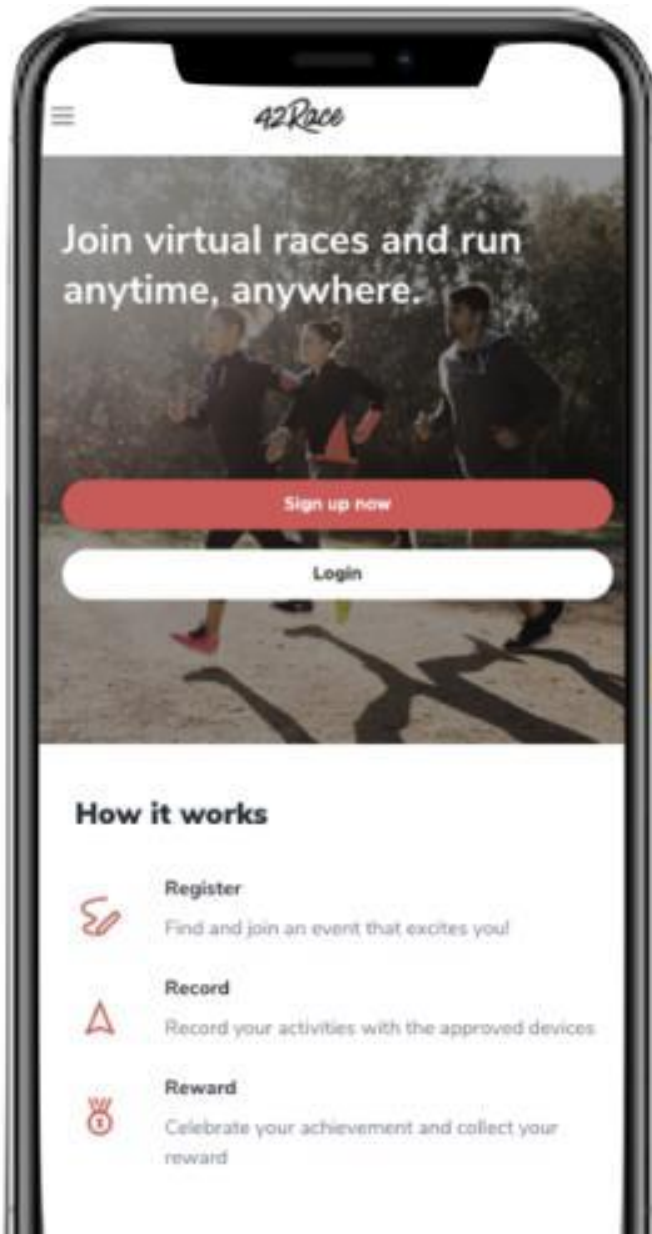
[Learn how to connect Garmin app to 42Race app here](#)

# SAMPLES OF MANUAL SUBMISSIONS (If you do not wish to use the 2 apps mentioned)



# HOW TO SUBMIT (MANUAL SUBMISSION)

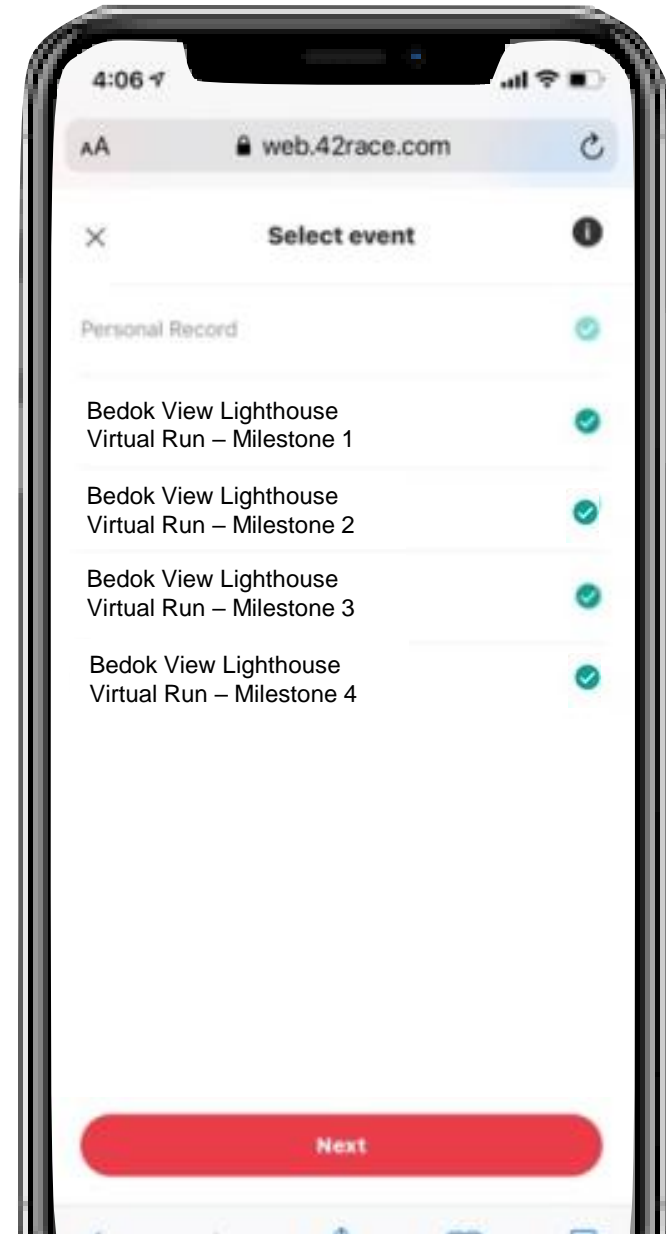
1. Go to 42race.com and login into your account



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



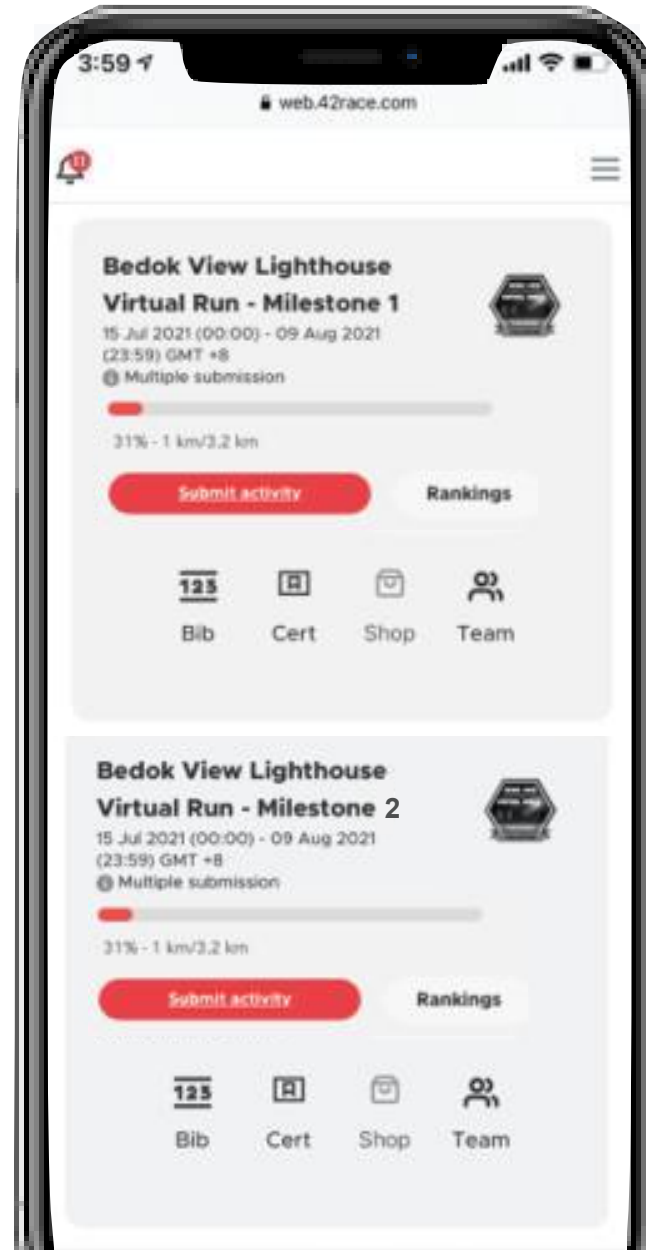
3. Click <Next>



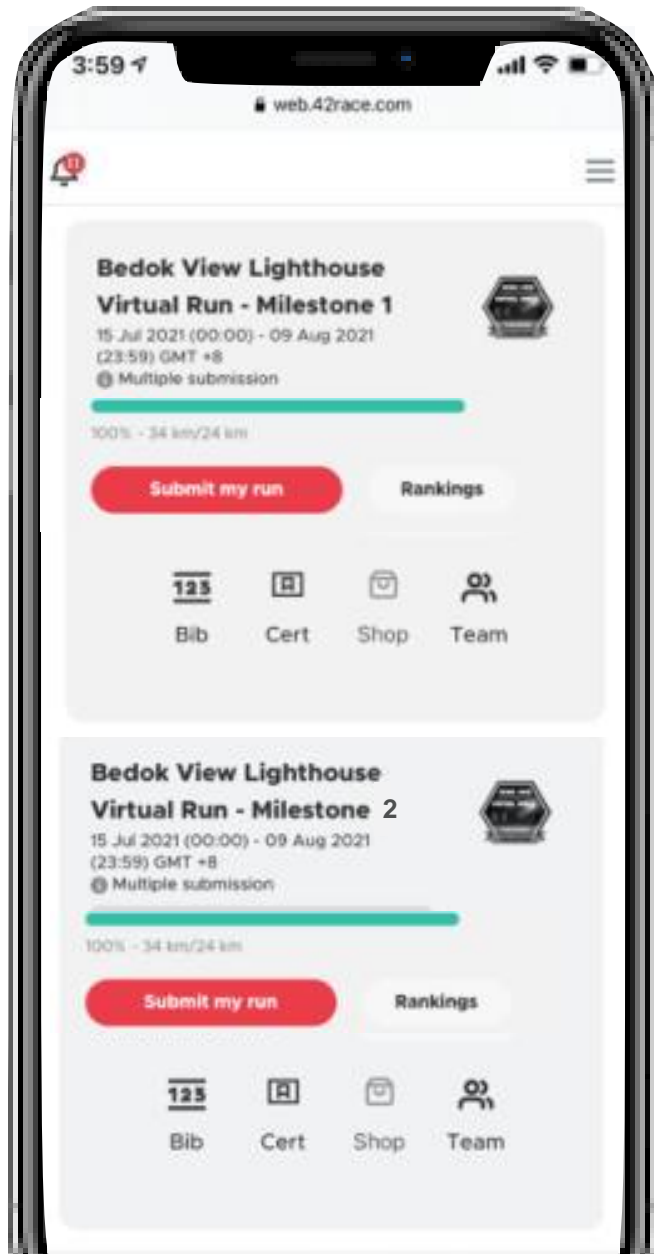
4. Upload your activities proof,  
input the data & click <next>



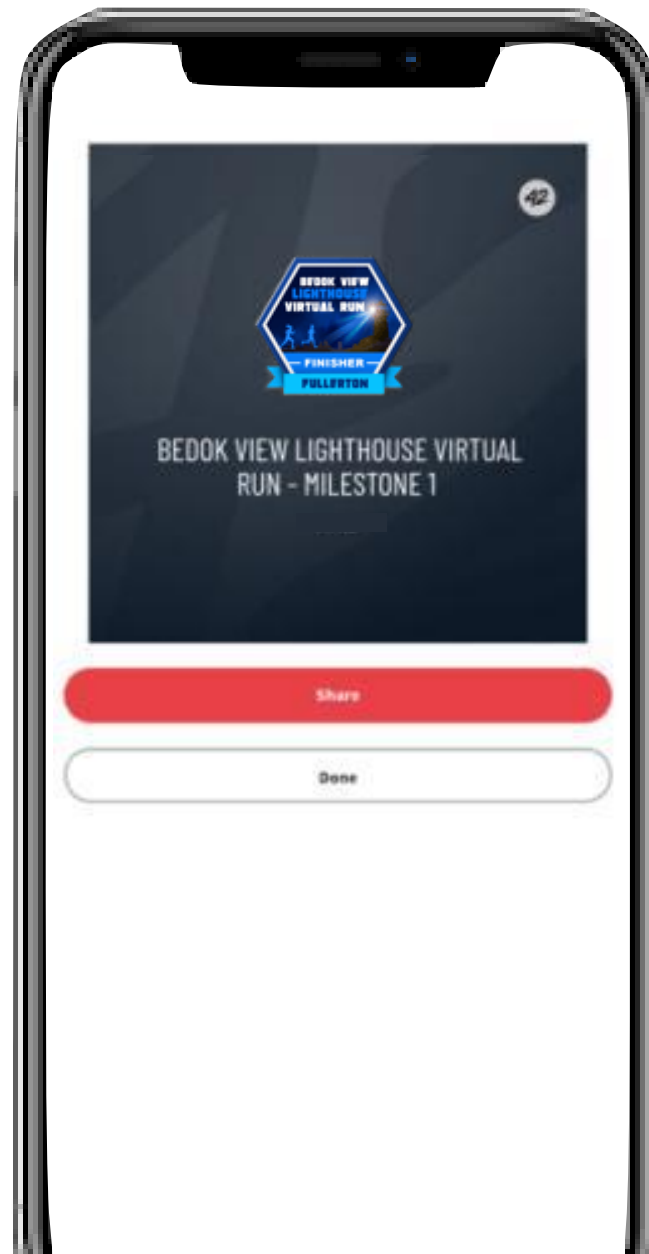
5. Your progress bar will  
be updated



6. Your progress bar will be updated

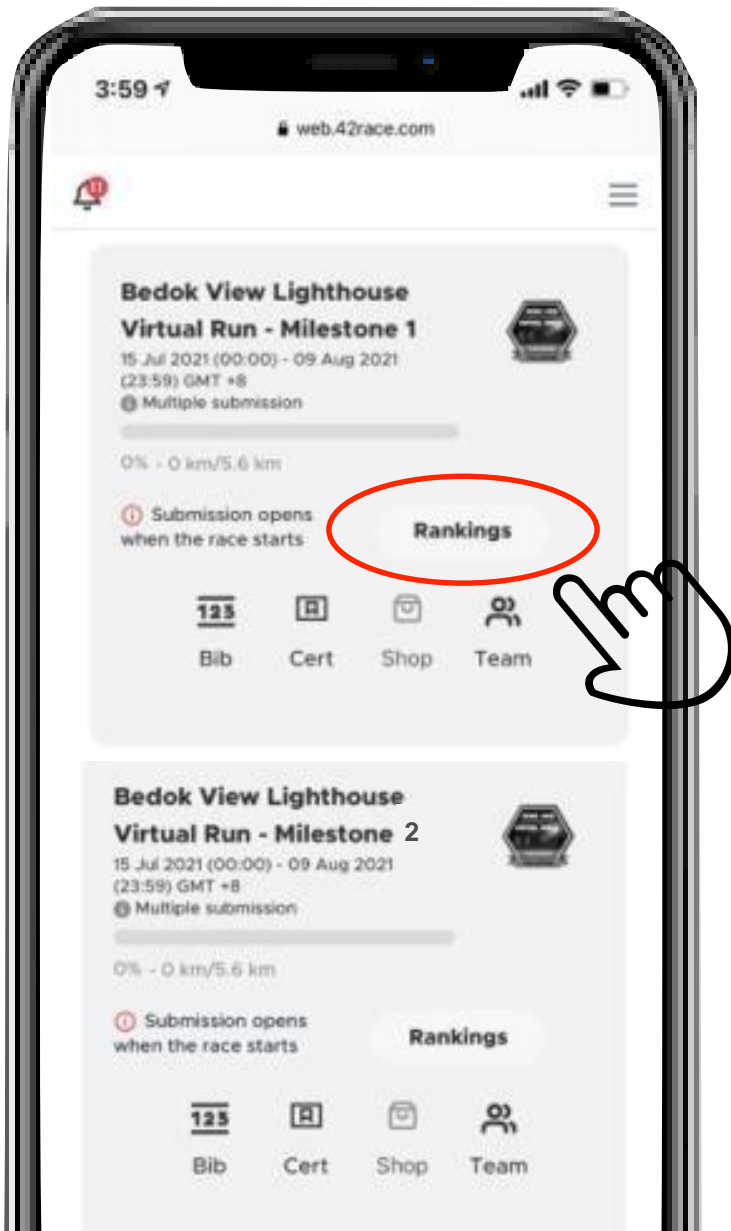


7. Your e-badge will light up as well! Time to share your glory!





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



**THANK YOU!**