

15 July - 9 August 2021

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: <u>https://web.42race.com/race-bundle/bedokviewlighthouse</u>



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

3:13 7	 web.42race.com 	
	COLLECTIVE SCHOOL GOAL: 5,600KM	
	Race entry	
3	Join now	
Why Y	ou Should	^

2. Select your country

Next

Run or walk for this event with your fellow speed ...

Select your country

Popular Malaysia Singapore Thailand Indonesia Taiwan Vietnam

All

Argentina Australia Brazil Brunei Cambodia Canada China 3. Input your email and password

Sign up
zhoumi2009+101@gmail.com
Size un
Gr
G Facebook
G Geogle
Have an account? Log in
By signing up you agree to our <u>Terms & Conditions</u>

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



13

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





UNACCEPTEABLE 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!