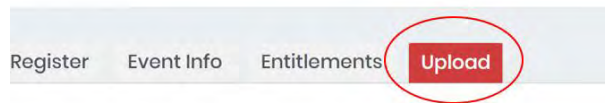


## How to upload the screenshots for the Virtual Lifesavers Run?

### Step 1

Go to <https://connect.justrunlah.com/event/real-run-2019/> and click on “Upload”



### Step 2

Enter your details in the forms (see below).

Use the form below to submit proof of your run (app screenshots) and claim your entitlements!

Name

  
First  
Last

E-Mail

Please make sure to use the same email as per your registration

Registration ID \*


Please enter the Registration ID that this upload refers to. The ID can be found at the top of the receipt email you received during registration.

### Step 3

Upload the screen shot and details of your run in the boxes available.

Upload your run

Screenshot \*

  
Drop a file here or click to upload  
Maximum upload size: 6MB

Please upload screenshot(s) of your running app showing the date(s) and distance(s) of your run(s). The minimum distance of 18.19km must be completed within (up to) three runs. You may select up to three files for uploading.

Date of your run \*

Total distance ran (km) \*

Please enter the accumulated distance of your submitted runs. Minimum distance: 18.19km

## **Step 4**

Upload your running photos.

Photo (Optional)



Drop a file here or click to upload  
Maximum upload size: 2MB

Share a unique moment of your run with the rest of the community.

\* Photos uploaded here might be used for promotional purposes. Do not upload a photo if you are not comfortable with that.

## **Step 5**

Enter your address and phone number so that we can send the Virtual Lifesavers Run medal to you 😊

### **Shipping address**

Please make sure the address is complete and correct so we can send your entitlements.

Full postal address \*

Your street name, block number, apartment number and postal code must be included.

Country \*

This item only ships in Singapore

Phone Number \*

In case we need to contact you regarding the delivery. Your number won't be used for promotional purposes.

## **Step 6**

Submit your entry and wait for your medal to arrive.

Submit