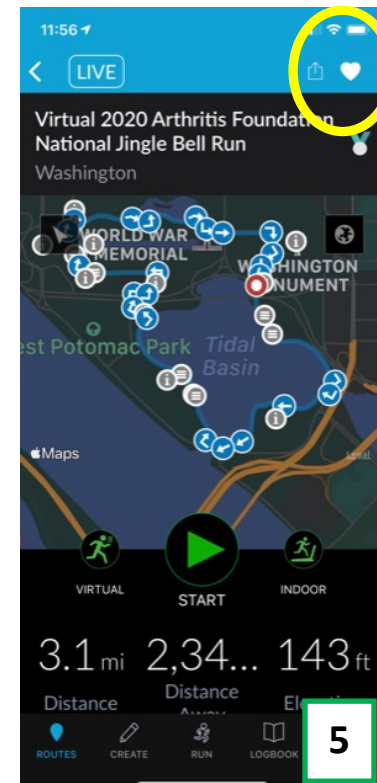
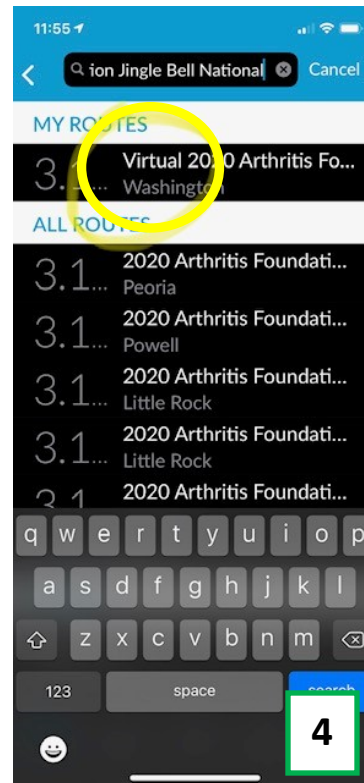
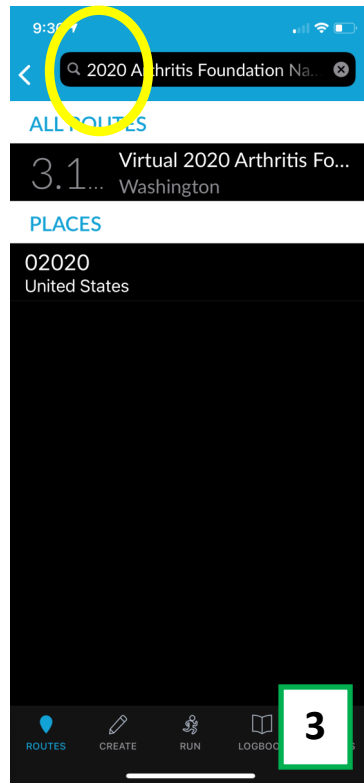
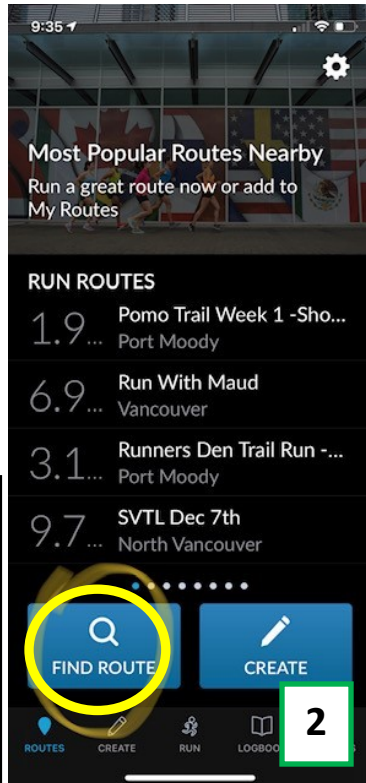


Getting Started:

1. Find the **RunGo** App in your App Store & download
2. Click "Find Route"
3. In search bar type: **2020 Arthritis Foundation National Jingle Bell Run** (or your local route) Note: Type in exact.
4. Choose the route with the exact wording.



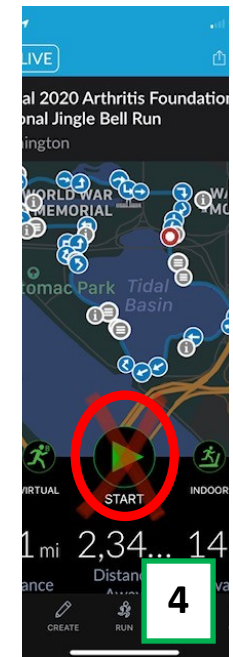
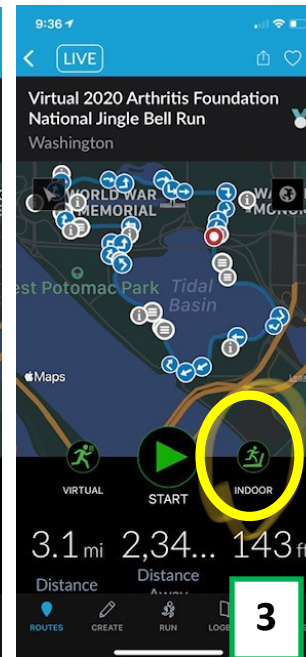
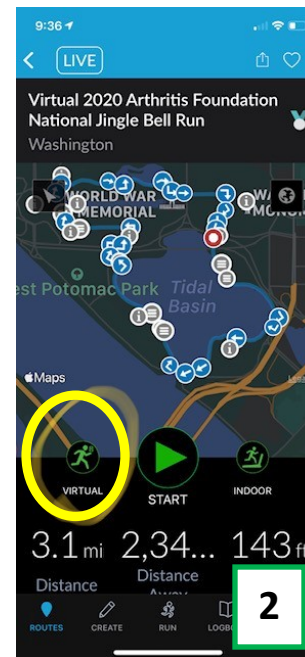
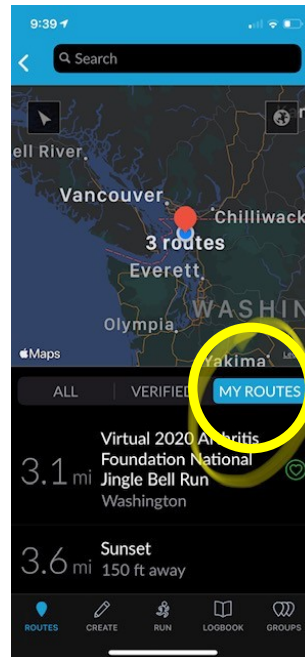
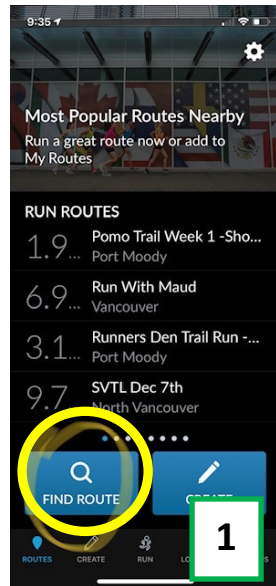
5. To save Route for event weekend like the route. ❤️ (otherwise continue to next step.)
6. **Note:** your phone may ask you to confirm in settings access to your **Motion & Fitness** for your phone. This must be turned on to record your run/walk.



Race Day:

Noon EST 12/12—Noon EST 12/13

1. If you liked the route to save it click Find Route and then My Routes to choose the route from your list.
2. Running or Walking outside? **Choose Virtual** to complete your 3.1 miles.
3. Running, walking or biking inside for your 3.1 miles? **Choose Indoor.** (If biking please attach phone to your ankle and make sure the GPS is tracking your motion.)
4. Do not use Start (this is only if you were at the actual course.)
5. **Complete the route.** (options to pause the route are available should you need to stop and complete the 3.1 miles later. Just make sure to finish the entire 3.1 miles.) **You should see your distance increasing.**
6. **YEAH!** You did it
7. Click **Stop.**



8. Click **Share your run.**
9. Click **Submit to Virtual Race.**
10. Fill out the name of your race **2020 Arthritis Foundation National Jingle Bell Run**
11. Fill out Name, identifier liked your email, gender
12. **SUBMIT MY RUN.**
Thank you for Jingling!

