



# Virtual Jingle Bell Run, West Virginia Guinness World Record Attempt!

*We have an exciting opportunity for you to compete for the largest remote 5K within a 24-hour period by Arthritis Foundation. Here is the information you need to ensure your 5K is counted in our Guinness World Record attempt!*

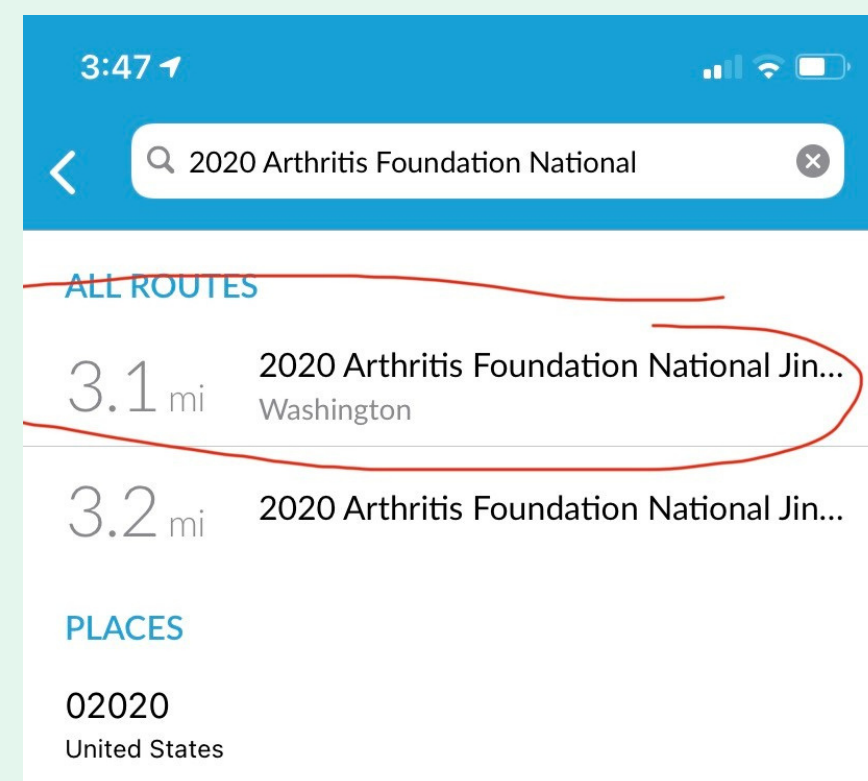
Thank you to our local sponsors!



## 1. Download the free RunGo app

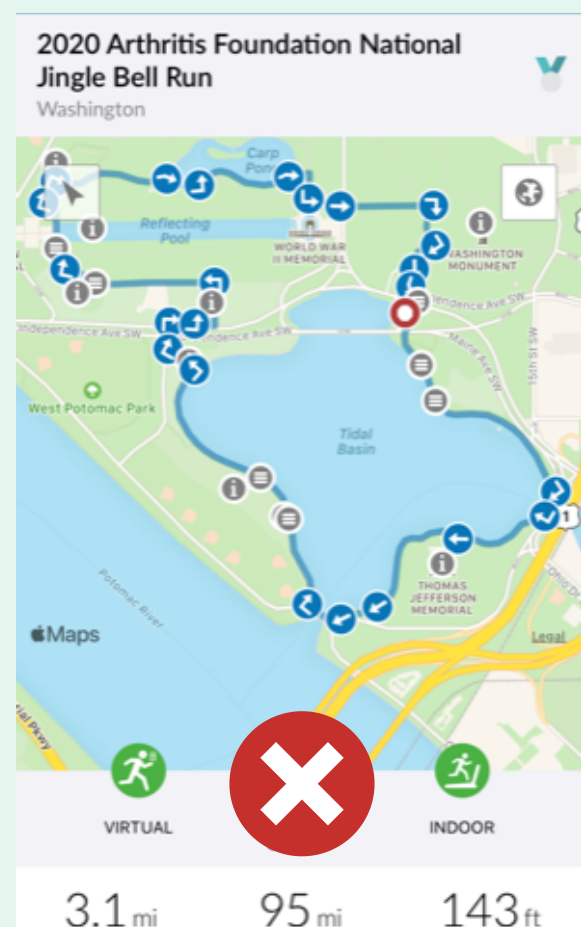


## 2. Search for the route "2020 Arthritis Foundation National Jingle Bell Run"

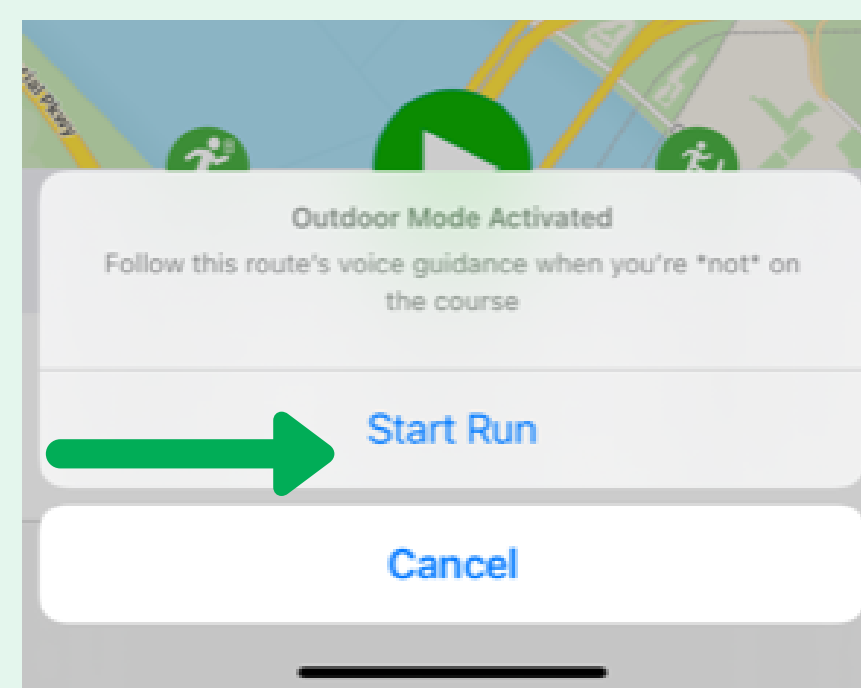


## 3. Select your mode - virtual (if running/biking outside) OR indoor (if using a stationary bike or treadmill).

**Do not use the start button!**

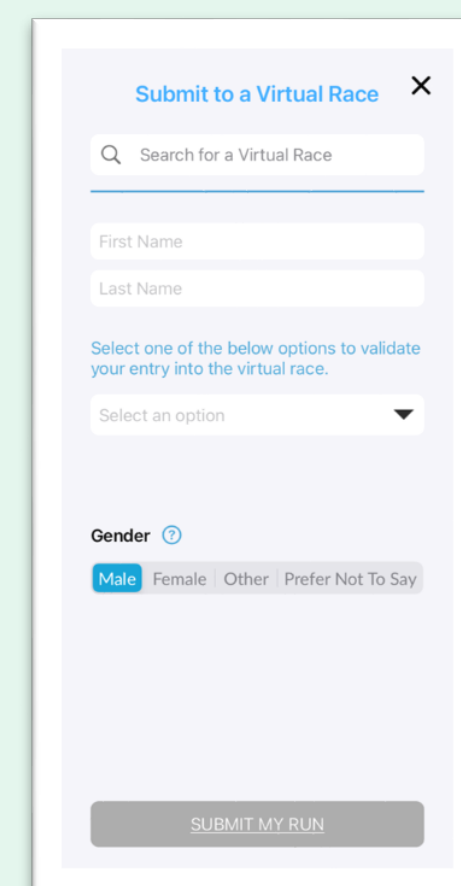
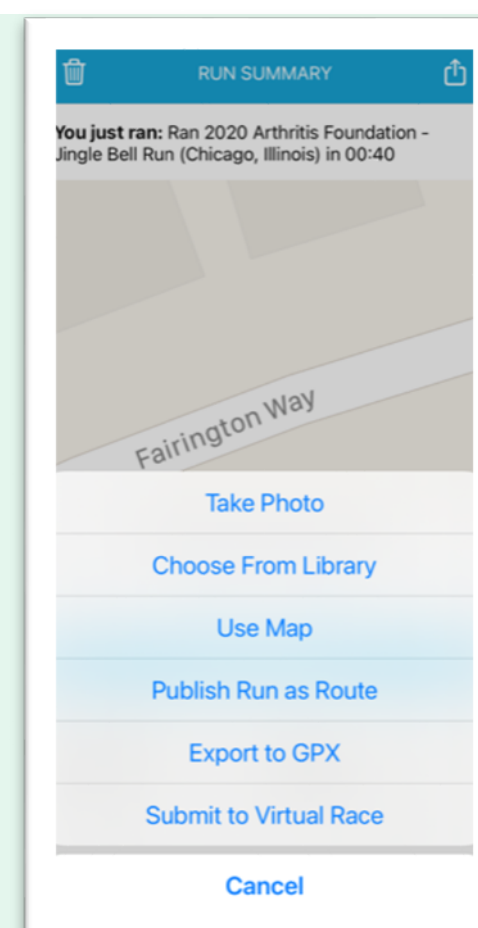
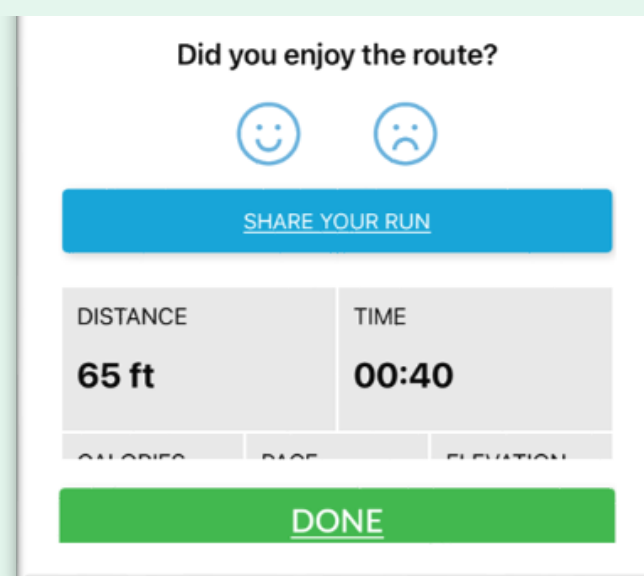


## 4. Complete your 5k!



## 5. Submit your 5k!

- Select "Share your run" then "submit to your virtual race" and select your race name. (Pick the same Jingle Bell Run race you selected for your route)
- Enter a few race submission details (name, gender, 1 of 3 validating questions).
- Click "submit my run"



Questions? Helpline : 800.283.7800

**Make sure you complete your run between 12:00 PM EST on Saturday, December 12 and 12:00PM EST on Sunday, December 13**