



VIRTUAL RUN | OCTOBER 2020

RunGo INSTRUCTIONS

Ways To Participate

Virtual Participation

RunGo's unique Virtual Mode allows runners to run our race course routes from anywhere, at any time. Virtual mode is intended to simulate the actual course and includes motivational audio clips. For example, you may not be on an incline; however, there may be mentions of being on a hill to simulate that experience.

If you are choosing to **Run with Devils**, **Run with Animals**, or **Run with Our Heroes** virtually, you must hit the "Virtual" button on the RunGo app or you will not hear the voice messaging nor will your progress be tracked. The virtual button is to the left of the larger "Start" button. Once you hit the virtual button, you will be prompted to press start and begin your race.

Treadmill/Indoor Participation

If you are choosing to **Run with Devils**, **Run with Animals**, or **Run with Our Heroes** via your treadmill or on an indoor track, you must hit the "Treadmill/Indoor" button on the RunGo app or you will not hear the messaging nor will your progress be tracked. The Treadmill/Indoor button is to the right of the larger "Start" button. You must have your phone on your body as this is the way the App will detect motion.

Live Route (Devils and/or Heroes Routes Only, Zoo Route is Virtual/Treadmill-Indoor Only)

If you choose to run **Run with Devils** or **Run with Our Heroes** on the actual route, you just need to hit the Start Button and then follow the voice-guided navigation and messages.

If you have any questions, feel free to refer to RunGo's virtual race how-to guide at rungoapp.com/virtual-race-guide



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Let's Get Started

Step 1: Download the free RunGo app

Download the RunGo app for iPhone, Android, or Apple Watch, or make sure you have the latest update. We suggest creating a free RunGo account to keep track of your completed runs, but this is optional to participate.

Step 2: Open the race route in the app

Select the route that you would like to run. Read the route's description on RunGo to prepare for your run. The voice-guided app highlights some of the stories of our healthcare heroes, gives points of interest on this route, and sends encouraging messages from supporters.

Step 3: Run the route

With the routes that say Virtual, we recommend they not be run live as some sections require road running which may only be allowed with road closures or there is no public access to run. Please make sure to obey all local traffic laws while running.

We suggest trying a practice run, as a separate run or warm-up: select your race route, choose Treadmill/Indoor or Virtual Outdoor Mode, start your run, and end after taking a number of steps (say, 30 seconds), in order to make yourself comfortable with the start and finish.

Step 4: Seamless submission to the leaderboard

At the end of the run, look for "Share Your Run" -> "Submit to Virtual Race" and type in your race's name - **Running with the Devils**. This will seamlessly add your run or runs to the leaderboard on the race website. Regardless of whether you select 'Run with Devils', 'Run with Our Heroes', or 'Run with Animals', you should submit your time to **Running with the Devils** as that is the official race name. You can enter as often as you wish.

You will be asked to validate your race submission. We ask that you validate it through the **email address** you used for registration.

Step 5: Celebrate!

You did it. Way to go! Check the race's website, rwjbh/runningwiththedevils as the leaderboard is constantly updated. Tell us your story! Share your run, photo, or video on social media, and mention [@RWJBH](https://twitter.com/RWJBH), [@NJDevils](https://twitter.com/NJDevils) or [#RWTD5K](https://twitter.com/RWTD5K)!