

RunNUS Submission Guide

- 1) Get a screenshot from your Running App
- 2) Go to <http://www.bit.ly/runnussubmission> is for submission, (Page 2)

<p>(1) Click This icon</p>	<p>(2) Click Back</p>	<p>(3) Click Workouts</p>
<p>(4) Select your run</p>	<p>(5) Take a screenshot</p>	<p>(6) Go To submit link</p>

<p>(7) Fill Info and click next</p>	<p>(8) Select Category and next</p>	<p>(9) Upload and click next</p>
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<p>(10) Submission Completed</p>	<p>(11) View Submission Email</p>
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Thank you for participating in RunNUS 2020. We hope to see you again next year!