

# **RUN**NATION

## **VIRTUAL RUN**

### **HOW TO GET INVOLVED**



**SIGN UP ON**  
**[WWW.RUNNATION.CO.UK/VIRTUAL-RUNS](http://WWW.RUNNATION.CO.UK/VIRTUAL-RUNS)**



Strava

**DOWNLOAD A TRACKING APP**  
**JOIN RUN NATION ON STRAVA**



**GO FOR YOUR RUN**

**ONLY WITH MEMBERS OF YOUR HOUSEHOLD**

**REMEMBER TO WARM UP FIRST**

**SOCIAL DISTANCING FROM ANY OTHER PERSON OF AT LEAST 2 METRES WHEN OUTSIDE OF YOUR HOUSE**

**RUN FROM HOME AND FIND A SAFE PLACE TO RUN**

**DO NOT DRIVE OR USE PUBLIC TRANSPORT TO A PARK, BEACH OR OTHER LOCATION**

**IF YOUR SOCIAL DISTANCING LAWS DIFFER IN YOUR COUNTRY - PLEASE FOLLOW YOUR LOCAL/NATIONAL GUIDELINES**



**ENTER YOUR TIME ON**  
**[WWW.RUNNATION.CO.UK/VIRTUAL-RESULTS](http://WWW.RUNNATION.CO.UK/VIRTUAL-RESULTS)**