



**HELP  
YOURSELF  
FOUNDATION**

A INITIATIVE OF RIZVI GROUP



**SAQUIB RIZVI MEMORIAL CANCER  
AWARENESS MARATHON**

**Thank you for your support to Saquib Rizvi Memorial Cancer Awareness Marathon (SRMCAM- 2021)-Virtual Steps to complete your Marathon**

**1. Download the fitness apps on your mobile phone from Google Play store**

- 1.Strava
2. Nike Run Club
- 3.Map My Run
4. Run keeper

Register yourself on any of the above apps and complete your profile. Give all necessary permissions to the app so that it can function completely.

2. You can record your run via your GPS based watch Garmin/Fitbit also

3. You can run at anytime and anywhere on 27<sup>th</sup> February and 28<sup>th</sup> February 2021 only. Kindly keep the mobile phone in your hand or attach it to your body so that the app can record the run data.

4. once you complete the marathon distance you have registered for through Townscript, take a screenshot of the app showing the recorded data and save it on your phone.

The screenshot should show data of: -

- Distance Covered
- Time

**(Kindly try steps 1 to 4 on your mobile phone so that you have prior knowledge of doing it and to avoid confusion on actual race days)**

5. Upload the screen shot as soon as you finish the run through the link that will come to your registered Email ID. You can search the same in your inbox by typing "Your registration for <Saquib Rizvi Memorial Cancer Awareness Marathon - Virtual>." In the **confirmation mail** you can see a **button which says "UPLOAD YOUR RUN DATA"** and it will open up data upload page for you (upload your screenshot here)

6. Congratulations! You are done. You will receive your e-Certificate soon. You can share your pics while running on your social media handles and ta Help Yourself Foundation.

**Points to be noted: -**

**1. If you are running a lesser distance chosen by you, it will lead to disqualification.**

**eg. If you choose to run 3 KM but you run for 2.8 KM distance than it will lead to disqualification, so please make sure you are running the distance chosen i.e. 3 KM / 5 KM / 10 KM.**

**1. You need to submit the data only once. Submitting data multiple times could lead to disqualification.**

It won't be necessary for you to submit the data multiple times if you follow the steps carefully and your internet connectivity is good.

All the best for the run.

For any Queries contact: 8169595995/9323409313