

The virtual BusinessRun with **viRACE**

viRACE - The app viRACE conducts virtual running competitions and allows participants to compete with friends and colleagues. Live and in real-time. The app provides you with live updates and intermediate results via headphones.

Participation in the virtual company run is easy. However, there are a few quick steps to get started.

1. Download the App

Download the app from the App Store / Google Play to your mobile phone here.



2. Registration

When you register, you enter your first name, last name (is shown in the result list), your correct email address and your gender. If you already have an existing account, you can simply log in.

3. Registration for races

As soon as you open the app, you will be taken to the worldwide feed. Here you will see all upcoming races (including date, starting time, number of registered runners and distance).

At the top right of the window, click on the lock symbol  and enter your personal unlock code. You will receive this code a few days before the event by e-mail to the e-mail address given in the participant registration.

4. Mark Favorites

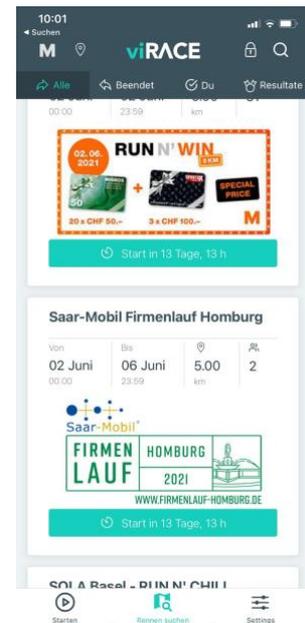
On the race detail page, all participants currently registered are also listed. If you click on the symbol to the left of the name, you mark the runner(s) as a favorite. This means that during the race you will also receive updates on these runners.

The Race

From the first day of the Business Run, a button "Start" will be displayed in the event. Follow the instructions on the display. Click on "Start Warmup" to get into the warm-up room. Before you "enter" the warm-up room, we strongly recommend that you already go outside and make sure your mobile phone has good reception.

Starting the Race

Once you are in the warm-up room, you don't have to do anything to start the race. The voice of the app informs you in regular intervals about the remaining time (about 6 minutes in total) until the start. 10 seconds before the start, the countdown begins, and at 0, the race starts automatically. If you want to start the race before the countdown ends, click the "Start Race" button.



What else to consider

1. Stick to the guidelines of the authorities regarding social distancing!
2. Make sure that the battery of your mobile phone is fully charged
3. Make sure that the mobile data is activated
4. Make sure you have good reception
5. Determine your favorites, for whom you will be kept up to date on throughout the race with intermediate results
6. Run with headphones to receive the intermediate results directly. If you do not have headphones, switch your mobile phone mode to loud
7. Insurance is the responsibility of the participant
8. In the unlikely occurrence that you do not hear any announcements for an extended time, it is worthwhile to open the app briefly during the run.