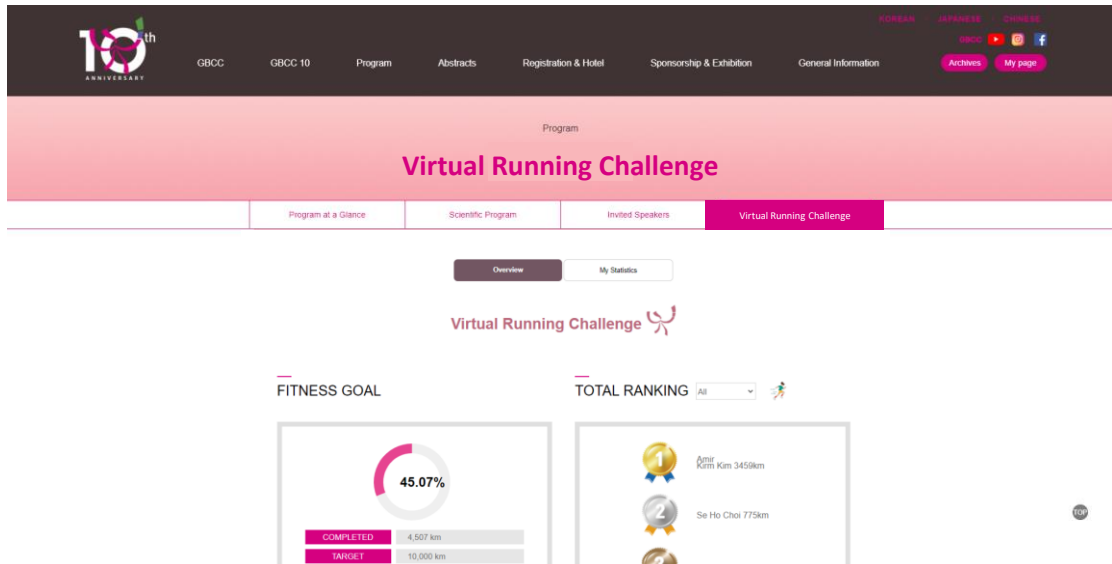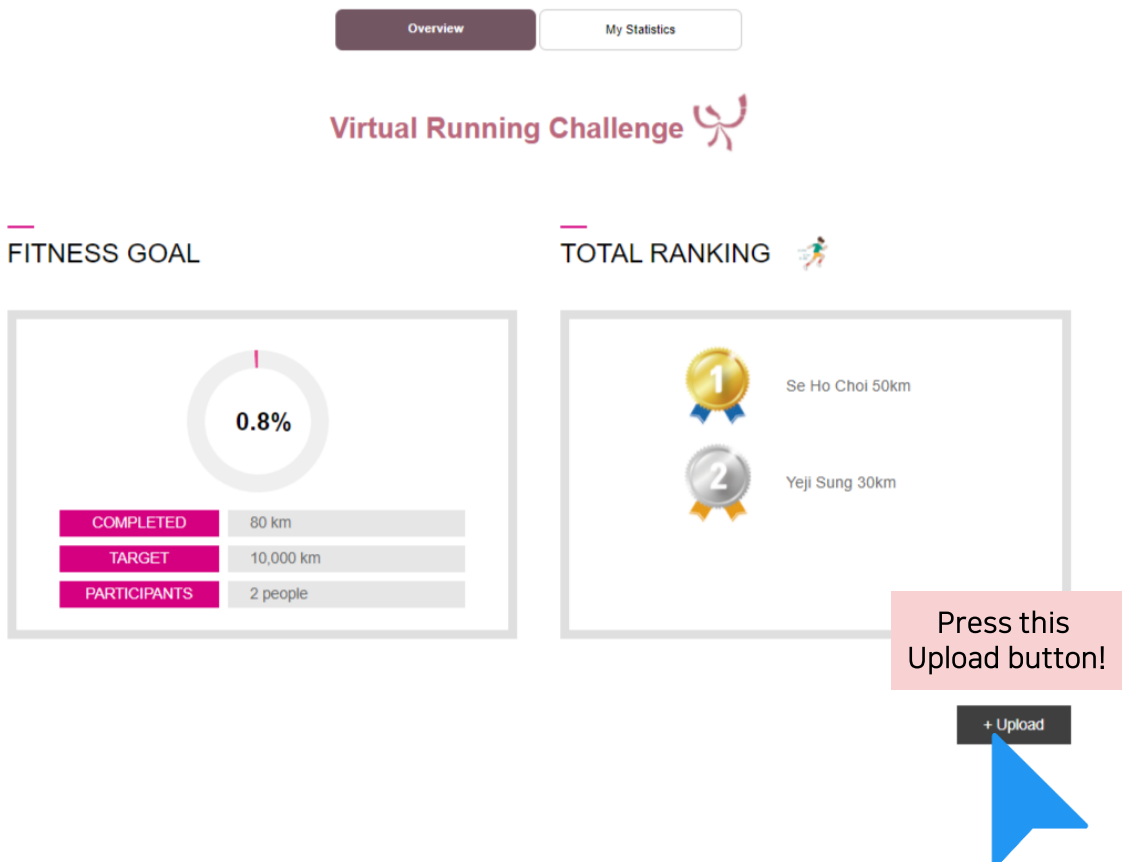# [GBCC Virtual Running Challenge Guide Book]

STEP 1 Access the Virtual Running Challenge menu of the GBCC 10 official website
(You must sign up for GBCC website and log-in using your ID.)

STEP 2 Upload your record and photos by pressing 'Upload Button' in Overview page.

Press this Upload button!

+ Upload

[GBCC Virtual Running Challenge Guide Book]

STEP 3 Let me introduce how to upload your exercise's photos and records in detail.

* When you press the 'Upload button', the following page appears:

① Physical Activity	-Select- ▾
② Your record	[_____] km **Calculate my record**
③ Upload a photo for proof	[_____] **File Upload** **Sample photo** * Upload a photo as proof of your record!
④ Upload more photo	[_____] **File Upload** **Sample photo** * This photo will be thumbnail of your post!
⑤ Write a post	[_____]

+ Upload

① Physical Activity – Please choose your sport's type.

Physical Activity	① **Running**
	② Walking ③ Bicycling ④ Hiking ⑤ Swimming ⑥ Yoga & Pilates ⑦ Golf

② Your record – Please upload your exercise record to km!
→ Press the "calculate my record" button expect for running, walking and bicycling.

Your record	[_____] km **Calculate my record**

**This is for people who did hiking, swimming, yoga&pilates and golf!

For wellness activities that cannot be measured in miles, please refer to the time conversion chart below.
(We trust you to use your discretion!)

For other activities, please refer to this conversion chart and fill out your activity's time to km!

Physical Activity	Time Spent	
Golf	30 minutes	1km
Hiking	15 minutes	1km
Swimming	15 minutes	1km
Yoga & Pilates	30 minutes	1km

[GBCC Virtual Running Challenge Guide Book]

Let me introduce how to upload your exercise's photos and records in detail.

③ Upload a photo for proof – Please upload your photo for proof of record.

It would be easier if you refer to this examples of photo!

④ Upload more photo – Please upload your exercise photo that will be used as a thumbnail photo on the overview page.

Upload the photos you took while exercising!
We are looking forward to your free-spirited ones!

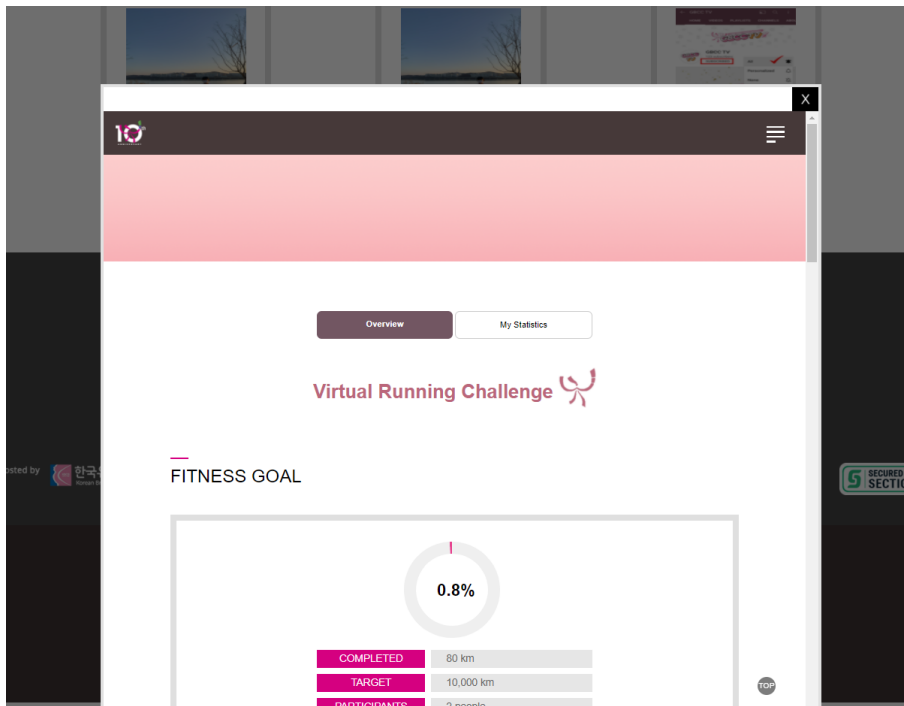# [GBCC Virtual Running Challenge Guide Book]

⑤ Write a post – Please write a simple post for communication.

Write a post | Leave a short comment about today's exercise!

+ Upload

Press 'Upload' button!
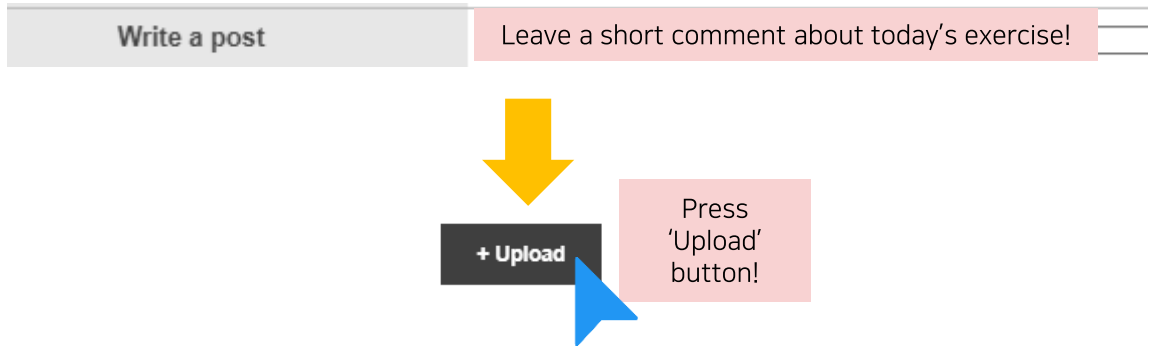
STEP 4 — Make sure your photos and records are uploaded well.

Overview | My Statistics

Virtual Running Challenge

FITNESS GOAL

0.8%

COMPLETED	80 km
TARGET	10,000 km
PARTICIPANTS	2 people

THANK YOU

The tutorial for photo uploading is ended.
We look forward to your interest and participation ☺