



ST. PATRICK'S ACADEMY MEERUT

26th SEPTEMBER 2020

Venue: Your Locality

Time: 6:30 – 8:30 a.m.

Submission Closes at: 2:00 p.m.

INSTRUCTIONS

- ✓ Click on the given link for downloading the *Nike Run Club (NRC)* app on your mobile. (DO NOT USE ANY OTHER APP.

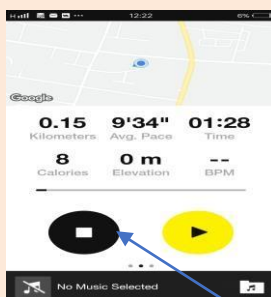
<https://play.google.com/store/apps/details?id=com.nike.plusgps>

- ✓ You make a short video of 30 seconds or click picture of yourself running and share the screenshot of the distance covered through this app only (*Don't take a break while running*).

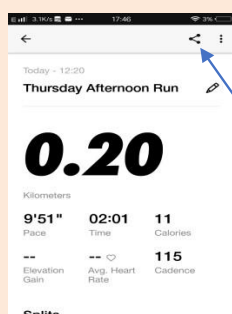
Students need to wear house t-shirt and *those who don't have House T-shirt can wear a plain Blue colour t-shirt (SCHOOL SHIRT COLOUR)* while running. Paste a printout of the logo sent to you on the front side of your t-Shirt.

HOW TO USE THE APP?

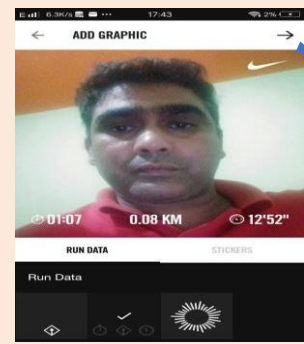
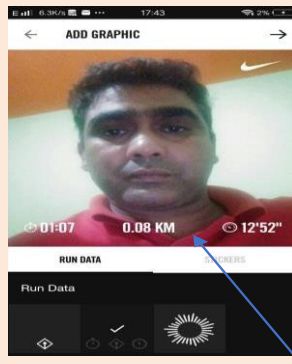
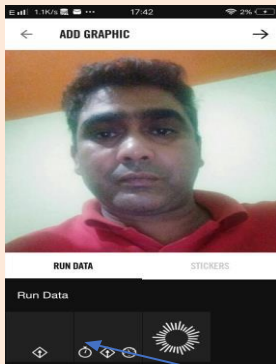
- ✓ Click on Join Now.
- ✓ Fill all the details. **Create the ID only with the student's Name.** Click on Get Started.
- ✓ Fill all the required information.
- ✓ Click on **START** when you need to run and carry your phone in your hand or in your pocket throughout the run. As soon as you finish click on **STOP** button (*Don't run without the phone*).



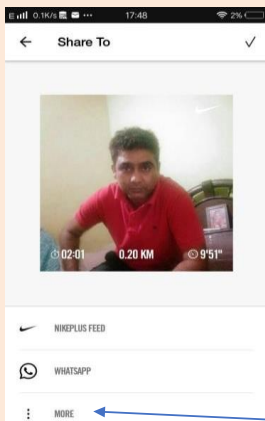
- ✓ Now long press on STOP button then select share option from the top right corner.



- ✓ Now select share option from the top right corner.



- ✓ Now press on clock button so your data will be on your screen with picture. Click on the top right arrow for sharing.



- ✓ STEP – 1: Now press on Whatsapp button to share your data through the app to the concerned Whatsapp no.
- ✓ STEP – 2: Click on more and it will show you a screen as shown below. So, you can share your picture through any mode. Whatsapp or Gmail. **CHOOSE WHATSAPP.**



- ✓ FINAL PICTURE WILL BE LIKE THIS WITH YOUR PIC AND DATA ALONG WITH IT.

HOW TO SUBMIT?

- ✓ Share your final picture and data with your **PT** teacher on **WHATSAPP**.

Mr. Parvind Singh 9411896390	Dr. Khushbu 8171860995	Mr. Levin David 9358447700
I E	I C+D	I A+B
III A+B	II C+D	II A+B
IV C+D	IV A+B	III C+D
VI A+B	V C+D	V A+B
VII C+D	VII A+B	VI C+D
VIII A	VIII B	VIII - C
IX		

LOGO TO BE PASTED ON THE FRONT OF THE T-SHIRT

ST. PATRICK'S ACADEMY, MEERUT



INDIA

RUN 2020

STUDENT