



HOW TO USE RUNGOAPP.COM TO COMPLETE YOUR VERIZON VIRTUAL 5K COURSE

We recommend that you log into RUNGOAPP.COM on both your desktop/laptop computer and your phone.

Desktop/Laptop:

Follow the direct link from our website.

OR:

Go to RUNGOAPP.COM.

Follow links for GROUPS, then SEARCH GROUPS.

Type in Verizon Virtual Corporate Classic 5K

Click on the event logo

Click on ROUTES

All of our VERIZON VIRTUAL courses will be displayed

Choose your course and click on it

On the Left side are NOTES & DIRECTIONS

On the Right side is the interactive Course Map

Be sure to Read the NOTES for each course you study (you may have to scroll down)

Then, scroll down to read the turn-by-turn Directions

Then, scroll down, click on **Start, 1 Mile, 2 Mile, Finish** to see photos on the map

You can also click on the "i" icons on the map itself to see the photos

FINAL IMPORTANT STEP: Print the DIRECTIONS or save as a document on your phone

Phone:

We recommend that you first follow the above steps on your Desktop or Laptop

Make sure you save the address of the START location so you can navigate to it

Then, download the RunGo app on your phone

Go to GROUPS, then SEARCH GROUPS

Type in Verizon Virtual Corporate Classic 5K

Select the event logo

All of our courses will be listed

Scroll down and select the course you want to run or walk

BEFORE YOU RUN/WALK: Scroll down from beneath the Green START button

Be sure to read the NOTES, check the elevation profile, and view the photos

Then go back up to the interactive map window

Find the blue 'V V S' START LINE on the road (use street address from above DIRECTIONS)

Touch the START button when you are ready to start your course run or walk

Follow the turn-by-turn directions, and view your progress on your phone screen

Mile Marks and FINISH will be called out to you. Watch for the painted 'V V' marks on the road



IMPORTANT NOTES ABOUT RUNNING OR WALKING THE COURSE

1. When you have selected a Verizon Virtual course for your 5K run or walk, we recommend that you do one or more training test runs on that course first. It's even a good idea to drive through the course first, while listening to the turn-by-turn directions. Familiarize yourself with the course's turns, uphill, and downhill.
2. **DO NOT** ride a bicycle along any Verizon Virtual course. All courses are designed to be run along the **LEFT** side of the road, facing vehicle traffic. Legally, bicycles are considered vehicles and must ride on the **RIGHT** side of the road, with traffic at their back.
3. Also, if you are not happy with your time, you can run the course as many times as you want, and only report your best time.
4. 5K is exactly 3.1068 miles. Each course map page lists its 5K distance as anywhere between 3.11 and 3.25 miles. **IGNORE** these distances. They are only approximations. Every one of the Verizon Virtual 5K courses is 3.1068 miles. When timing your run for results reporting, always time yourself from the painted blue 'V V S' on the road to the painted blue 'V V F.' Likewise, the 1 & 2 mile marks that are called out to you are close approximations. The **ACTUAL**, accurate 1 & 2 mile marks are the ones painted in blue on the road. Every Verizon Virtual course on the RunGoApp website and phone app displays photos of the **START**, 1 Mile, 2 Mile, and **FINISH**. Take a look at them before you run or walk the course, and even as you are going through the course. What you see in each photo is exactly what you will see painted on the road.
5. **ALWAYS** run or walk on the **LEFT** side of each roadway, facing vehicle traffic. This maximizes safety. If the road curves to the Right, do not cut the turn short by angling across to the **RIGHT** side. Stay on the **LEFT** side of all turns and curves.
6. Public parking is available at or near each Verizon Virtual **START** or **FINISH** line. Sometimes in parking lots, sometimes on streets at curbside.
7. Feel free to explore as many Verizon Virtual courses as you wish. Some are a bit hillier than others. Some have less vehicle traffic than others. Some have more turns than others. But they are all exactly 3.1068 miles long.