**RUNQUEST SUBMISSION TEMPLATE**

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**NAME: \_\_\_\_\_\_\_\_\_\_\_\_**

**NUSNET ID (student/staff) / NRIC (public): \_\_\_\_\_\_\_\_\_\_\_\_**

| **Objective 1**: Run with pets | |
| --- | --- |
| **Points:** 10 points upon verification. | |
| <Insert your photo here> | |

| **Objective 2**: Before and after run selfie | |
| --- | --- |
| **Points:** 10 points upon verification. | |
| <Insert your photo here> | |

| **Objective 3**: Photos with landmarks | |
| --- | --- |
| **Points:** 10 points upon verification. | |
| <Insert your photo here> | |

| **Objective 4**: Photos with past RunNUS apparel | |
| --- | --- |
| **Points:** 20 points upon verification | |
| <Insert your photo here> | |

| **Objective 5**: Running with family friends | |
| --- | --- |
| **Points:** 20 points upon verification | |
| <Insert your photo here> | |

| **Objective 6**: Running at a pace not more than 7min/km | |
| --- | --- |
| **Points:** 20 points upon verification | |
| <Insert your photo here> | |

| **Objective 7**: Photos with sponsors’ products | |
| --- | --- |
| **Points:** 20 points upon verification | |
| <Insert your photo here> | |

| **Objective 8**: Routes in a special shape | |
| --- | --- |
| **Points:** 30 points upon verification | |
| <Insert your photo here> | |

| **Objective 9**: Recommended routes | |
| --- | --- |
| **Points:** 30 points upon verification | |
| <Insert your photo here> | |

| **Objective 10**: Dynamic stretches | |
| --- | --- |
| **Points:** 30 points upon verification | |
| <Insert your photo here> | |