

NTURO 2021

— RACE BOOKLET —

**VIRTUAL
EDITION!**

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Click on
the title
for quick
access!


Overview: Flow of events


SUN	MON	TUE	WED	THU	FRI	SAT
		1 	2	3	4	5
6	7 	8	9	10	11	12 
13	14 	15	16	17	18	19 
20	21 	22	23	24	25	26 
27	28	29	30 			

 Legend

 Main Race

 Swim Challenge

 Creativity Challenge

 Elevation Challenge

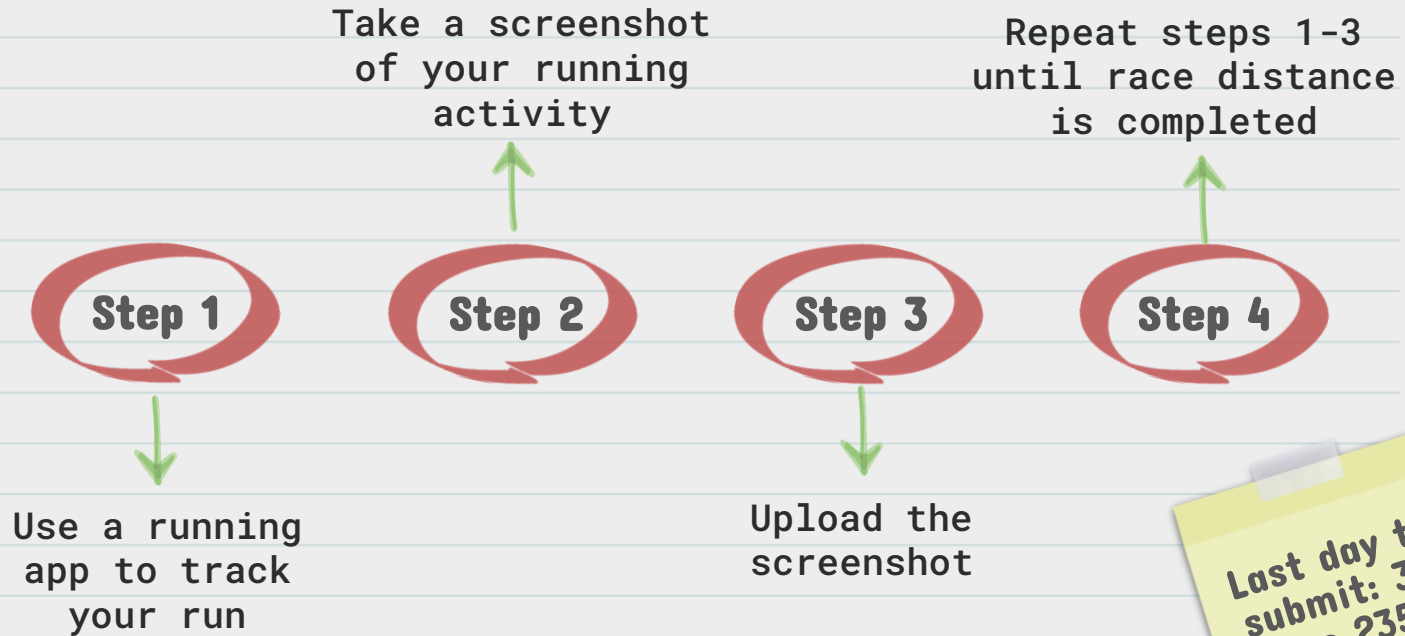


Main Race



Let's take a look at
how you should track
and submit your
runs!

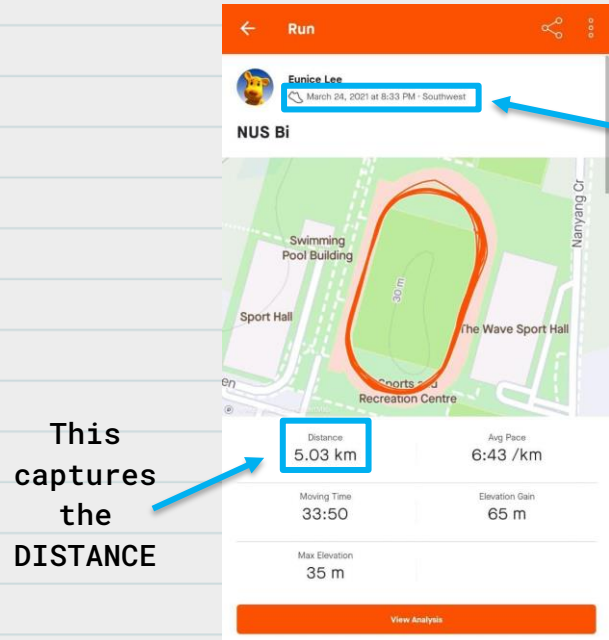
Main Race: Submission details



Last day to submit: 30 June 2359!

Submission details: What should my screenshots include?

Note: This is an example of an acceptable screenshot, which captures both the date & distance



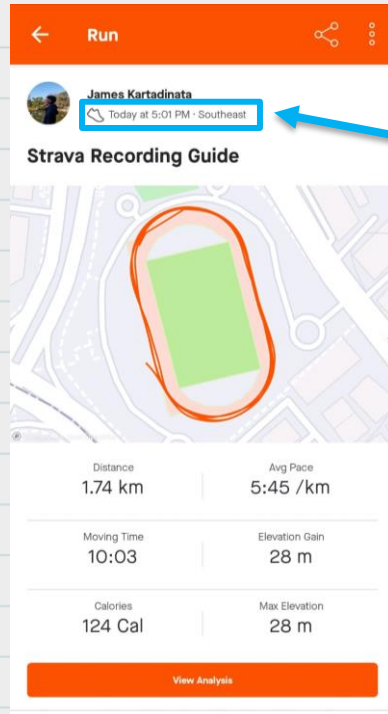
This captures the DATE

This captures the DISTANCE

Your running app should be able to capture both DATE & DISTANCE in a single screenshot!

Main Race: Submission details

It is also acceptable if your screenshot shows “today”



This shows
“today”
instead of
the DATE

Submission details: Uploading screenshots

How do I upload my screenshots?
(The use of a laptop for this process is highly recommended!)

Step 1: Go to the "Submission" tab on the NTURO website or click on the link: <https://nturo.ntuaquathlon.com/submission>.



Step 2: Select your gender and race category



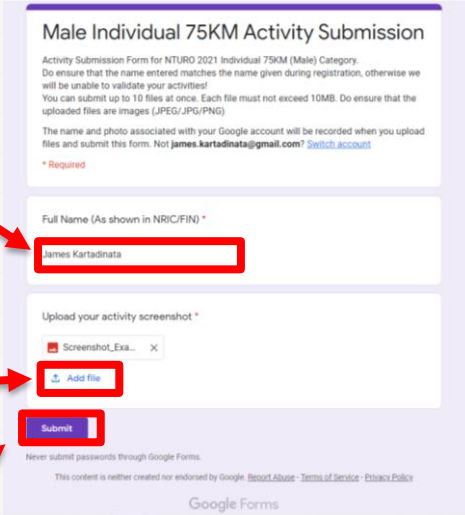
Select Gender

Select Race Category

Click here to submit

Submission details: Uploading screenshots

Step 3: You will be brought to a Google Form. Enter your name and upload your screenshots using the "Add File" button. Up to 10 screenshots may be uploaded with each form submission.



The screenshot shows a Google Form titled "Male Individual 75KM Activity Submission". It includes instructions for users to ensure their name matches the registration name and to upload up to 10 screenshots. The form has three main sections: a text input for "Full Name (As shown in NRIC/FIN)", a file upload section for "Upload your activity screenshot", and a "Submit" button. Annotations with red arrows point to these sections: "Type in your full name" points to the name input field, "Upload screenshots here" points to the "Add file" button, and "Click here to submit" points to the "Submit" button. A yellow arrow points to the top of the form.

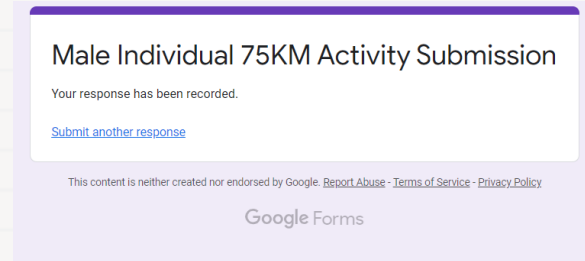
Type in your full name

Upload screenshots here

Click here to submit

*Submit another form if you have more than 10 screenshots. You may submit an unlimited number of forms

Step 4: You have successfully submitted your activities when you are brought to this confirmation page.



The screenshot shows a confirmation page titled "Male Individual 75KM Activity Submission". It states "Your response has been recorded." and provides a link to "Submit another response". At the bottom, it includes a disclaimer: "This content is neither created nor endorsed by Google. Report Abuse - Terms of Service - Privacy Policy" and the "Google Forms" logo. A yellow arrow points to the top right of the page.

PS According to your preference, you may

- (a) Accumulate all your screenshots and upload them at one go OR
- (b) Upload your screenshots every time you complete your run

Checklist: Preparing for your run

I have used a running
app before



My running app
captures both date
and distance



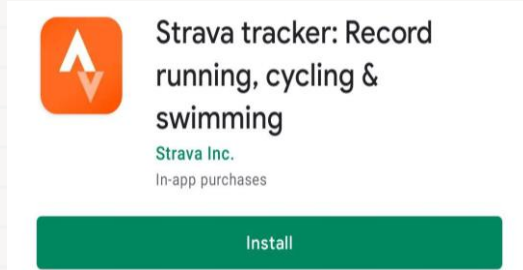
If you can't tick off either
checkboxes, fret not!

We will get you started with this
simple demonstration using the
'Strava' app

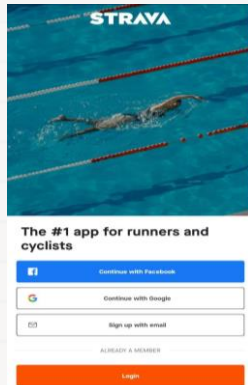
Psst... We highly recommend those
with no prior experience to follow
our guide!

Strava tutorial for beginners

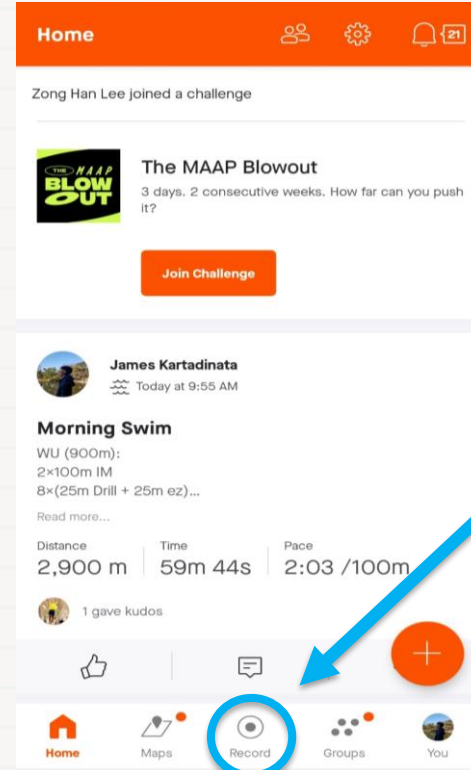
Step 1: Download Strava through your phone's application store.



Step 2: Open the app and choose your preferred way of signing in

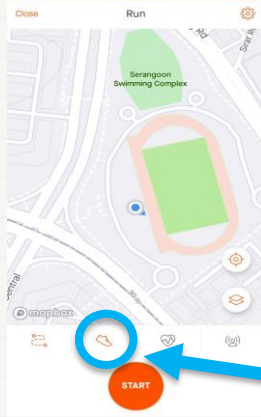


Step 3 (when you are about to run):
Tap "Record" (blue circle)



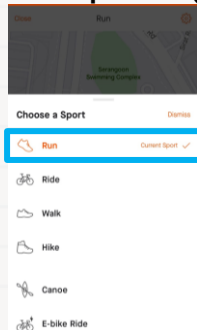
Strava tutorial for beginners

Step 4: Tap on the activity icon (blue circle)

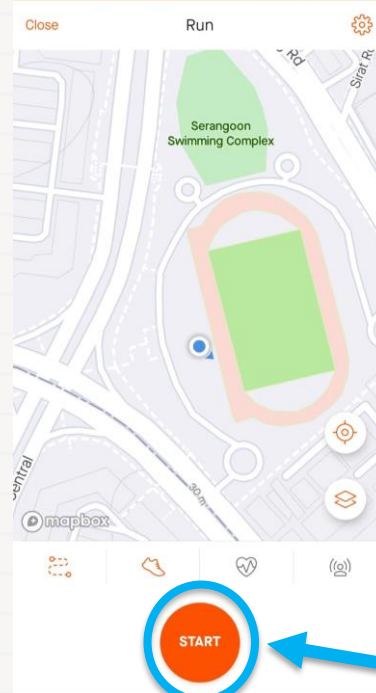


Tap here

Step 5: Ensure that "Run" is selected as the current sport (blue box)



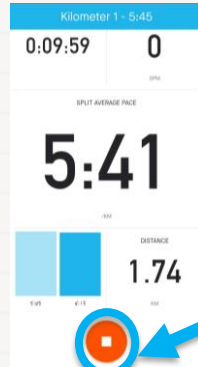
Step 6: Tap "START" to begin recording your run (blue circle)



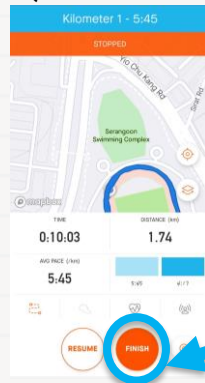
Tap here

Strava tutorial for beginners

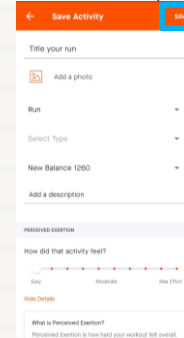
Step 7: At the end of your run, tap STOP (blue circle)



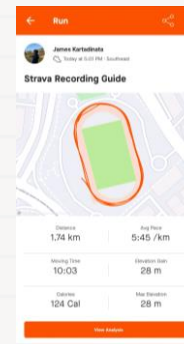
Step 8: Tap "FINISH" (blue circle)



Step 9: Tap "SAVE" to save your activity (blue box)



Step 10: Your activity is now ready to view. Take a screenshot and submit it to the NTURO website.

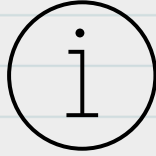




Side Quests

Swim Challenge
Creativity Challenge
Elevation Challenge

Submission details



Information

What are the side quests about?

The side quests were designed so participants can experience what it's like to participate in multiple sports (swim challenge), to have fun (creative challenge) and to endure beyond one's limits! (elevation challenge)

When can I participate in the side quests?

Each side quest will begin on the Monday of each week, and end on the Saturday of the same week. Submissions after Saturday 2359 will not be accepted. Winners will be announced on our Instagram page [@nturo.ntuaquathlon](https://www.instagram.com/nturo.ntuaquathlon) and Facebook page <https://www.facebook.com/NTURO>

Click on
the links
for quick
access!



Information

Can my side quests be counted towards my main race?

Yes! If you would like your submission(s) for creativity and elevation challenge to count towards your total distance for the main race, you would have to submit the same activity twice: once under the "Side Quest" race category, and once under the category that you have signed up for. Otherwise, we will not count your submissions for the challenges towards your total accumulated distance.

PS. The side quests may be attempted by all participants, regardless of category, and are purely optional, though attractive prizes can be won!



SWIM

7-12 June

Swim 750m
at one go!



CREATIVITY

14-19 June

Run a route you
consider creative!

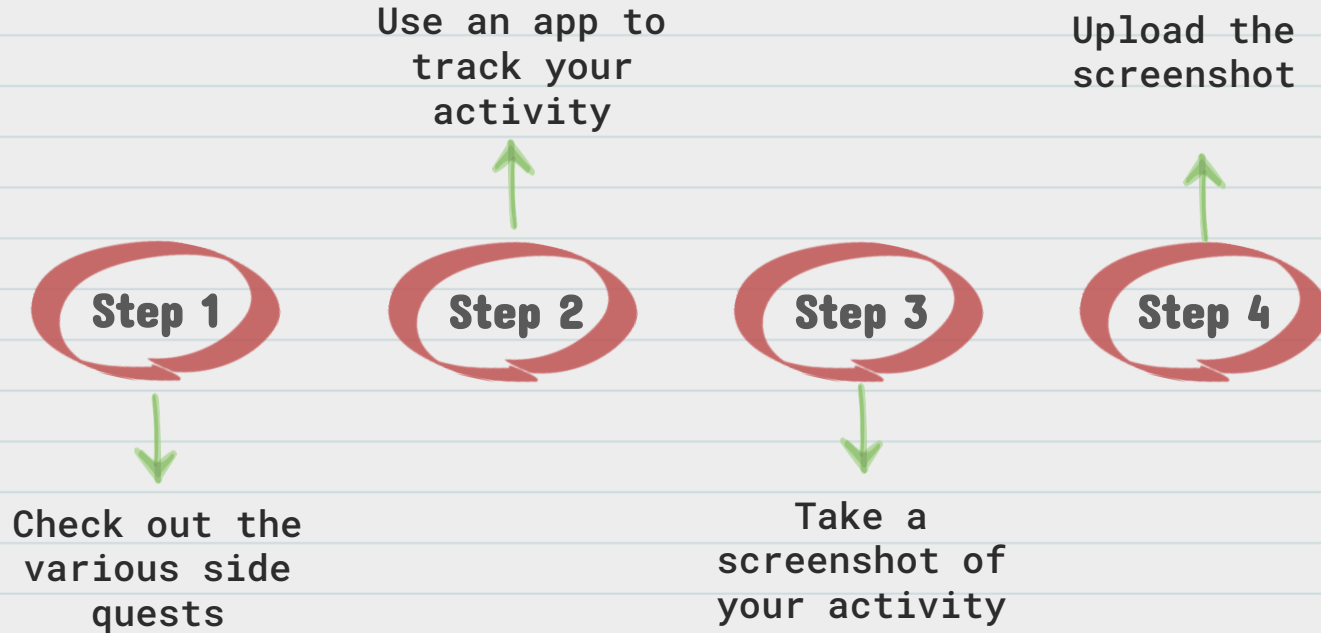


ELEVATION

21-26 June

Clock the highest
total elevation in
a single run!

Side Quests: Submission details



#1 Swim Challenge

Checklist before swimming

I am able to swim 750m well



Lifeguards are around



I have a watch to track my swim



*Unfortunately, those who cannot track their swim activity will not be allowed to take part

Prizes

For the first 50 submissions:
exclusive NTURO 2020 Swim Cap

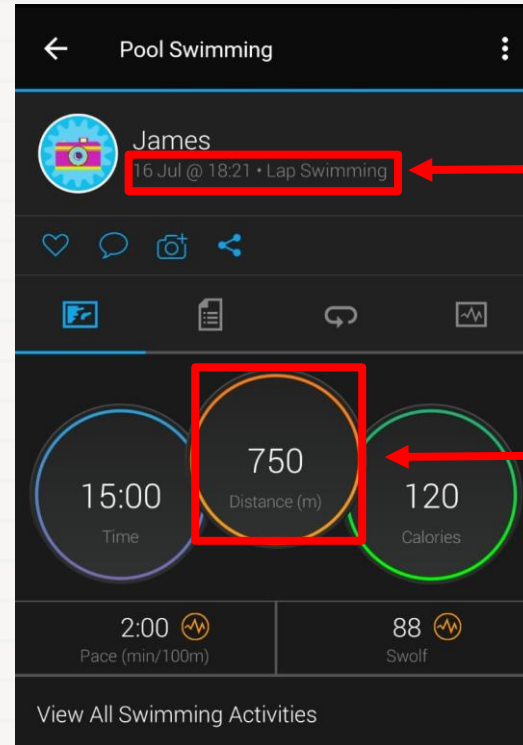


For 3 lucky participants:
TYR Tech Pro Polarized
Goggles (worth SGD 39)



Accepted Screenshot

You may submit up only 1 screenshot for this challenge



DATE

DISTANCE

#2 Creativity Challenge

Example of a creative run route



Eg. Running the name "NTURO"

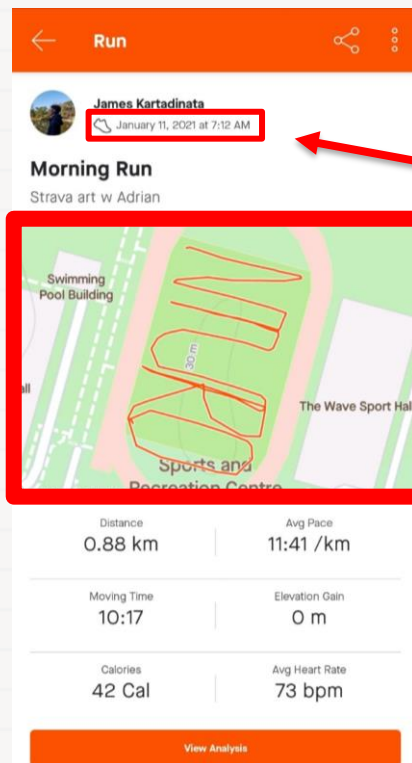
Prizes

For 3 runners with the most creative run route: a pair of shades from Sunday Shades



Accepted Screenshot

You may submit up to 3 screenshots for this challenge



DATE

ROUTE

#3 Elevation Challenge

What is an elevation?

Bukit Timah Hill, NTU
Fullerton Hill etc.



Stairs



Prizes

Highest 3 total elevation clocked + 1
lucky participant will walk away with a
pair of Skechers shoes



Important!

Take a selfie while doing
elevation challenge



Post on Instagram story

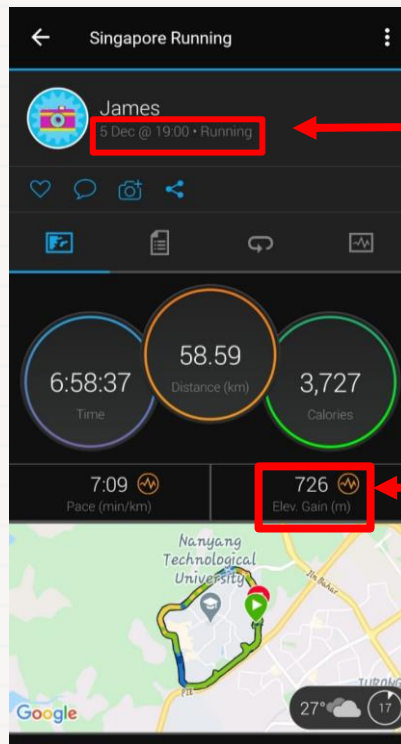


Tag @nturo.ntuaquathlon AND
@skecherssg



Accepted Screenshot

You may submit up to 3 screenshots for this challenge



DATE

TOTAL
ELEVATION
GAINED

Overall best athlete

How do I qualify?

Complete all 3
side quests ☒

Perform consistently
well for all 3 side
quests ☒

Participate actively
with our IG posts
@nturo.ntuaquathlon ☒

Prize

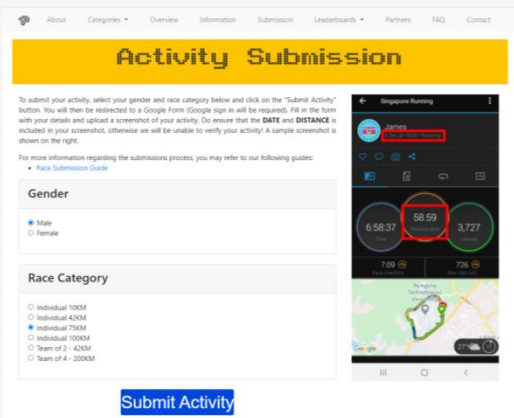


A set of Sennheiser's
Black CX400BT earpiece
worth SGD 299

Submission details: Uploading screenshots

How do I upload my screenshots?
(The use of a laptop for this process is highly recommended!)

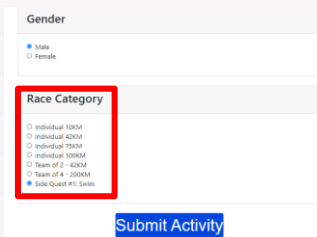
Step 1: Go to the "Submission" tab on the NTURO website or click on the link: <https://nturo.ntuathlon.com/submission>.



The screenshot shows the 'Activity Submission' form. A yellow arrow points to the 'Submit Activity' button at the bottom right. The form includes sections for Gender (Male/Female), Race Category (Individual 100M, Individual 420M, Individual 750M, Individual 1000M, Team of 2 - 420M, Team of 4 - 2000M), and a 'Submit Activity' button. A sample screenshot of a running activity is shown on the right, with a red circle highlighting the '58.59' time.

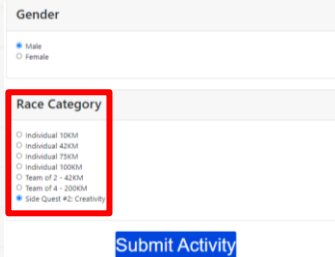
Step 2: Select your gender and side quest for the week

7-12 June
Swim



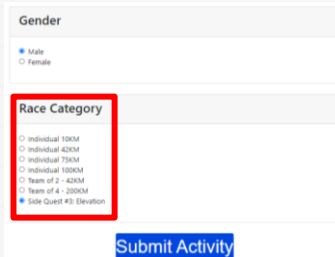
The screenshot shows the 'Gender' section with 'Male' selected. The 'Race Category' section is highlighted with a red box, showing options: Individual 100M, Individual 420M, Individual 750M, Individual 1000M, Team of 2 - 420M, Team of 4 - 2000M, and Side Quest #1: Swim. A yellow arrow points from the text 'Select your gender and side quest for the week' to the 'Side Quest #1: Swim' option. A 'Submit Activity' button is at the bottom.

14-19 June
Creativity



The screenshot shows the 'Gender' section with 'Male' selected. The 'Race Category' section is highlighted with a red box, showing options: Individual 100M, Individual 420M, Individual 750M, Individual 1000M, Team of 2 - 420M, Team of 4 - 2000M, and Side Quest #2: Creativity. A 'Submit Activity' button is at the bottom.

21-26 June
Elevation



The screenshot shows the 'Gender' section with 'Male' selected. The 'Race Category' section is highlighted with a red box, showing options: Individual 100M, Individual 420M, Individual 750M, Individual 1000M, Team of 2 - 420M, Team of 4 - 2000M, and Side Quest #3: Elevation. A 'Submit Activity' button is at the bottom.

Submission details: Uploading screenshots

Step 3: You will be brought to a Google Form. Enter your name and upload your activity screenshot using the “Add File” button. Once done, click on the “Submit” button.



Type in
your full
name

Upload your
screenshot

Click
here to
submit

Side Quest #1: Swim

Activity Submission Form for NTURO 2021 Side Quest #1.
Do ensure that the name entered matches the name given during registration, otherwise we will be unable to validate your activities!
For this side quest, only 1 file can be submitted. The file must not exceed 10MB. Do ensure that the uploaded files are Images (JPEG/JPG/PNG)

The name and photo associated with your Google account will be recorded when you upload files and submit this form. Not [james.kartadinata@gmail.com?](#) [Switch account](#)

* Required

Full Name (As shown in NRIC/FIN) *

James Kartadinata

Upload your activity screenshot *

Screenshot_Exa... X

Submit

Never submit passwords through Google Forms.
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Google Forms

Step 4: You have successfully submitted the activity for your side quest when you are brought to this confirmation page.

7-12 June
Swim

Side Quest #1: Swim

Your response has been recorded.

[Submit another response](#)

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Google Forms

14-19 June
Creativity

Side Quest #2: Creativity

Your response has been recorded.

[Submit another response](#)

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Google Forms

21-26 June
Elevation

Side Quest #3: Elevation

Your response has been recorded.

[Submit another response](#)

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Google Forms

The graphic is a safety advisory notice designed to look like a spiral-bound notepad. It features a white central area with a red border, set against a textured, light brown background. At the top, there are ten black spiral binding loops. On the left side, there are two horizontal rectangular tabs, one yellow and one pink. In the center, the words "SAFETY ADVISORY" are written in a large, bold, dark grey sans-serif font. This text is enclosed within a light green speech bubble that has a tail pointing towards the bottom left. Below the speech bubble, there is a block of text in a smaller, dark grey sans-serif font.

SAFETY ADVISORY

Taking part in our event is completely **VOLUNTARY**. NTU and NTURO 2021's organising committee will not be liable for any damages, losses and other irregular activities caused by the participation in any segment of the race.

We're glad you're preparing for your run, just a quick check though, did you...

Hydrate?



Warm up?



Listen to your
body?



Covid-19 Advisory

Though the Covid-19 pandemic has greatly affected our daily lives, we're thankful that we can still exercise in a bid to stay healthy.

Yet while doing so, please be reminded to keep to all safe management measures. Let's do our part to keep Singapore safe!



Miscellaneous



Race Entitlements
Personal Information
Contact us

Goodie Bag/Prizes/E-cert

The goodie bag, consisting of sponsored items and NTURO 2021's race T-shirt, and prizes (if any) will be delivered to you. The E-cert will be sent to you via e-mail. This will commence in July and more details will be provided then!

Personal Information

To ensure your privacy is maintained, all personal information collected for the purposes of this race will not be kept by the organising committee for any purposes.

All the best for NTURO 2021!
In the meantime... connect with us



Instagram: [@nturo.ntuaquathlon](https://www.instagram.com/nturo.ntuaquathlon)



Facebook page: <https://www.facebook.com/NTURO>



Email: nturo.aquathlon@gmail.com

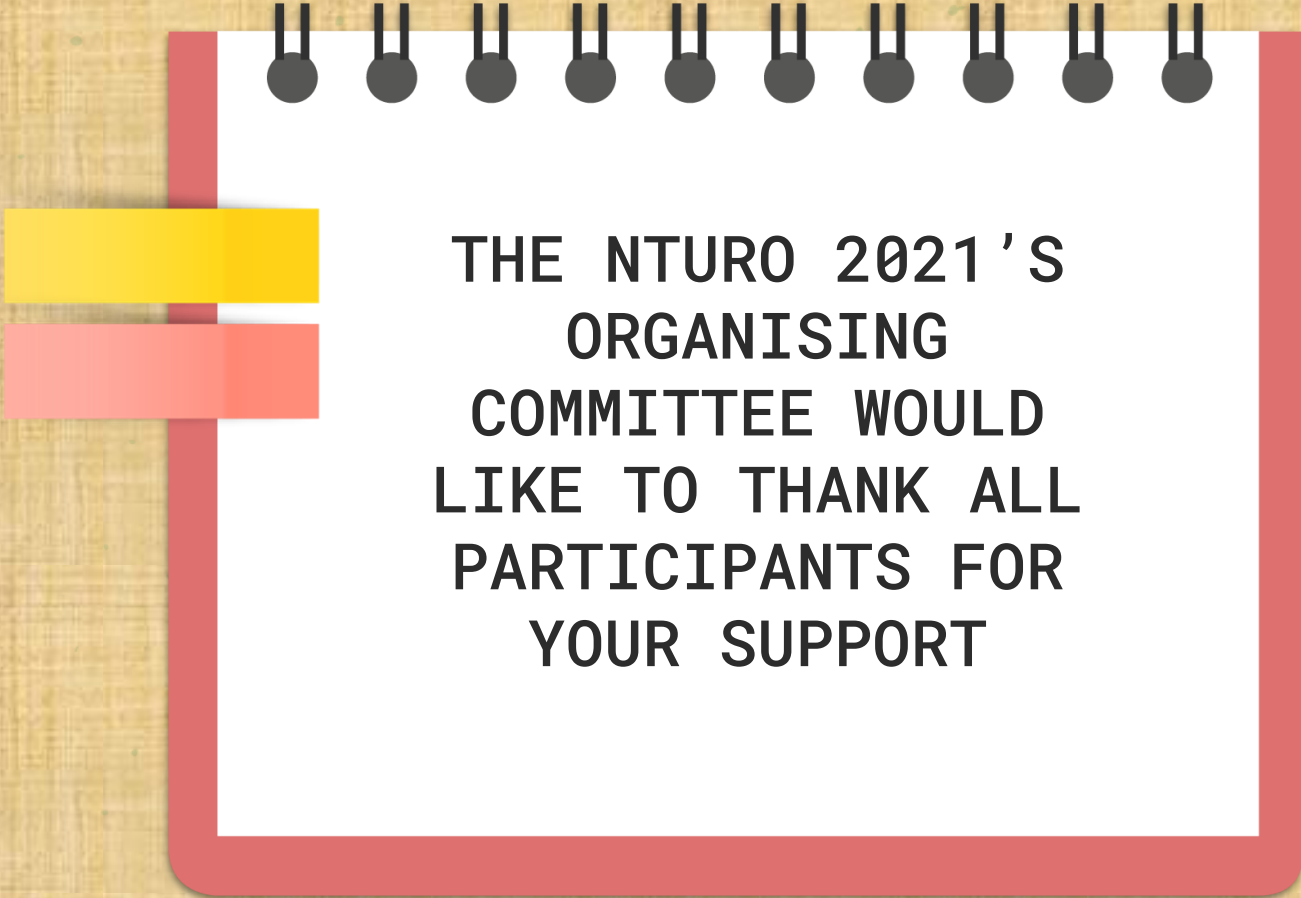


Website: <https://nturo.ntuaquathlon.com>



FAQ: <https://nturo.ntuaquathlon.com/faq>

Click on
the links
for quick
access!



**THE NTURO 2021'S
ORGANISING
COMMITTEE WOULD
LIKE TO THANK ALL
PARTICIPANTS FOR
YOUR SUPPORT**