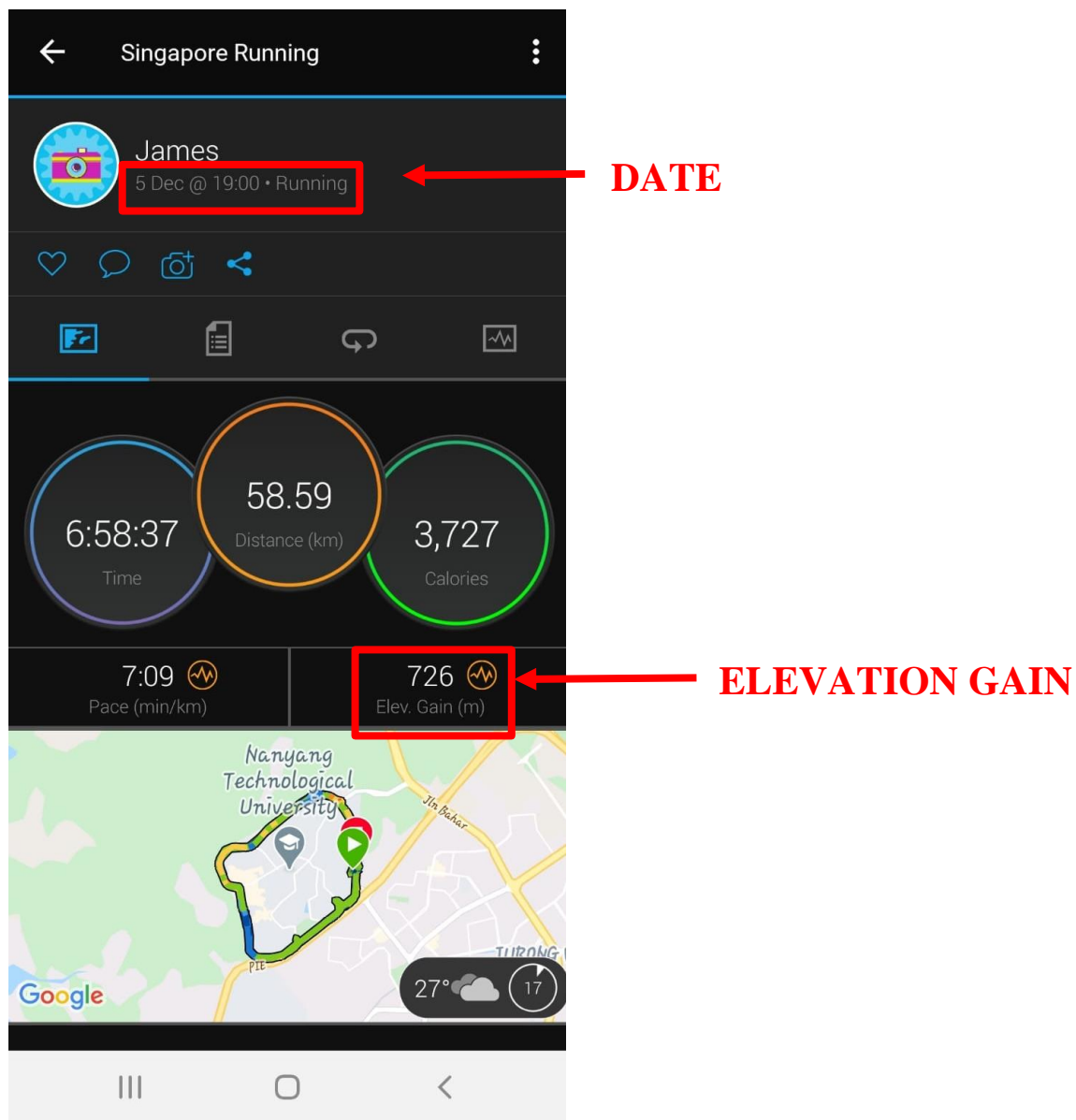


Step 1: Take a screenshot of your activity. Ensure that the date & elevation gain are clearly captured.



Step 2: Go to the “Submission” tab on the NTURO website. Select your gender and “Side Quest #3: Elevation” under race category. Click on the “Submit Activity” button.

Activity Submission

To submit your activity, select your gender and race category below and click on the "Submit Activity" button. You will then be redirected to a Google Form (Google sign in will be required). Fill in the form with your details and upload a screenshot of your activity. Do ensure that the **DATE** and **DISTANCE** is included in your screenshot, otherwise we will be unable to verify your activity! A sample screenshot is shown on the right.

Do take note that if you would like the activities submitted as part of this week's challenge to count towards your accumulated distance, the same activity must be submitted twice:

- Once under the "Side Quest" race category
- Once under the race category that you have signed up for

For more information regarding the submissions process, you may refer to our following guides:

- [Race Submission Guide](#)
- [Side Quest #3 \(Elevation\) Submission Guide](#)

Gender

☒ Male
☐ Female

Race Category

☐ Individual 10KM
☐ Individual 42KM
☐ Individual 75KM
☐ Individual 100KM
☐ Team of 2 - 42KM
☐ Team of 2 - 100KM
☒ Side Quest #3: Elevation

Submit Activity

The sample screenshot shows a running app interface with the following data:

- Time: 6:58:37
- Distance: 58.59
- Calories: 3,727
- Pace: 7:09
- Elev. Gain: 726
- Location: Nanyang Technological University

Step 3: You will be brought to a Google Form. Enter your name and upload your activity screenshot using the “Add File” button. Each participant may submit the form up to a maximum of 3 times. Once done, click on the “Submit” button.

The screenshot shows a Google Form titled "Side Quest #3: Elevation". The form includes instructions for participants to submit their activity screenshots. A red box highlights the "Submit" button at the bottom of the form. The form is set against a light purple background.

Side Quest #3: Elevation

Activity Submission Form for NTURO 2021 Side Quest #3.
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, participants can submit the form up to a maximum of 3 times. If there are more than 3 submissions, only the 1st 3 will be accepted. Each 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 [? Switch account](#)

* Required

Full Name (As shown in NRIC/FIN) *

James Kartadinata

Upload your activity screenshot *

Screenshot_Exa... X

Submit

...ds through Google Forms.

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Google Forms

Windows taskbar: Type here to search, Edge, File Explorer, App Store, Chrome, Mail, WhatsApp, Telegram, Zoom, Word, PDF Reader, System tray: 11:26 AM, 1/6/2021, ENG, 6 notifications.

Step 4: You have successfully submitted your activity for the final challenge!

Side Quest #3: Elevation

Your response has been recorded.

[Submit another response](#)

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Google Forms

