

MANUAL VIRTUAL VENLOOP

Dear participant,

Thank you for registering for the Virtual Venloop. Thank you for joining us! Next weekend is finally the day. On Saturday the virtual Neptunus Walk and on Sunday the running races of the virtual Weir Venloop. We have worked hard to make it something beautiful in this special time. But before we get there, we would like to prepare you well and that is what this manual is for. A bit more extensive than you may be used to from us, but it is important to read everything carefully. That way you will be well prepared for the coming weekend.

For the Venloop app to work properly, it is important to follow the steps below. We wish you good luck with your preparations and participation, and of course have fun!

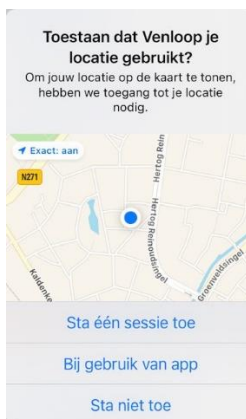


1. Preparation

- Make sure you have the latest version of the Venloop app on your phone.
- When you start the app, you will be asked if we can send you messages. Please give us permission to do so.



- You will also be asked for permission to use your location. Make sure that your answer gives the app as many possibilities to "do its job" as possible. In the example below (iOS) you choose "When using the app" and "Always".



- Make sure you are logged into your profile and that your registration for the Virtual Venloop is also linked to your profile. If you then go to the "Live" tab, you will see the following image.

Note: for events such as the Venloop Zomerwandeltochten your registration does not have to be linked to your profile. You can simply view the route under the tab "Route".



The second green check mark is basically automatic if you are connected to WiFi. The app will automatically download the audio fragments needed for the event you have registered for.

The third green checkmark is only visible to iOS users. If you are an iOS user and do not have the third checkmark, you can still get it. By tapping the check mark, you will be asked again if you want to give the app access to your location. If this doesn't solve the problem, you can change your phone's settings manually.

Android users will not see this third green checkmark at all. They can check their choice and change it if necessary by looking for the app icon on the phone's home screen and holding it down. Then choose app-info > rights > location. Here, select the option "Only while the app is being used" (translation might not be completely correct but this should give the right direction).

- Make sure your phone is fully charged before the start. This will prevent your phone from breaking down on the way. If you are using wireless earbuds, the same applies. If you have an older phone or a weaker battery, you can switch on the power saving mode just to be sure.
- Plan the route you want to run in advance. For runners, it is a good idea to avoid railway crossings and to include as few traffic lights as possible in your route. That way you can keep on running and set a good time.



2. Before the start

- Make sure you are well prepared before starting your walk or run. Eat in time and get your things ready. Make sure you have the right clothes in relation to the weather forecast. Hikers will probably also take a backpack with food and drink for the journey. Last but not least, make sure the volume of your phone is turned up.
- When participating, please take into account the applicable corona regulations.
- The starting procedure for hikers:
As there is no competition element to the Neptunus Walk, hikers can start at any time of their choice. However, this will be on Saturday 27 March. Hikers can activate live-tracking on the tab page "Live" when they are ready to leave. Our chairman starts with his welcome speech, followed by the countdown from 10 to 1 and of course the starting shot. Have fun hikers!
- The starting procedure for runners:
Of course, there is an element of competition in the running races. They therefore all start at a fixed time. From half an hour before the start of the race you can activate the live tracking on the tab "Live". Approximately 3 minutes before the start, our chairman will welcome you, followed by the countdown from 10 to 1 and finally, of course, the starting shot, at the exact starting time. Make sure you are ready outside in time for the start. Have fun runners!

3. After the finish

- When you have completed the distance you have registered for, an audio clip will congratulate you on your achievement. The time on your phone will continue to run and we ask you not to stop it manually (this may result in a "did not finish"). The time will be stopped automatically by the app after the last audio clip.
- On the screen of your smartphone you can see the result of your participation. You can now take a photo with the virtual medal and share this photo via social media. We would love it if you did this as well. Tag our social media page or add the hashtag #Venloop to your message.
- Of course we are curious about your experience. You can share it with us by sending an e-mail to info@venloop.nl.

