

IMPORTANT – Fred’s Big Run App Instructions

We’ve noticed some confusion around the Fred’s Big Run app. We apologise for this and are here to help. Firstly please note this app is not a Fundraising Page on your phone, the app is purely a tracking fitness device (similar to a Fitbit or Strava watch)

We’ve put together some clear instructions to follow to ensure the app is working correctly for you.

The app is separate to your fundraising page and helps you track your distance during this month.

You will need to REGISTER for the app the first time you open it. **This is the most important step.**

Once you registered the phone you need to redeem/activate your personal code, the code will activate your app and link it with your fundraising page. For some people the email with the code ended up in spam because of personal privacy settings.

Here are step by step instructions:

1) Download the app from the app store

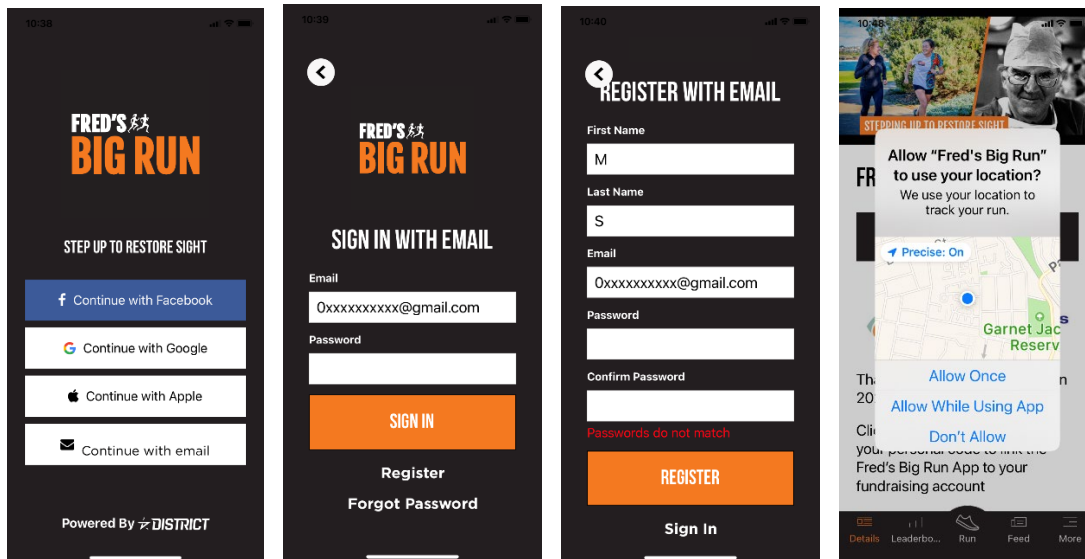
Apple/iPhones: <https://apps.apple.com/us/app/freds-big-run-step-up-4-sight/id1573878202>

Google Play: <https://play.google.com/store/apps/details?id=com.exploredistrict.fredsbigrun>

2) Open app and ‘Allow’ notifications

3) REGISTER for the app using

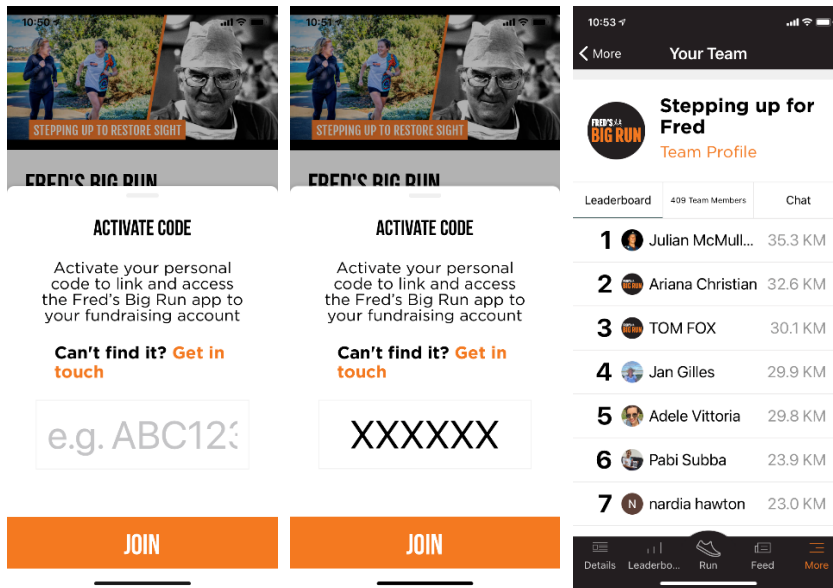
- a) Facebook b) Google c) Apple d) Email



We suggest to use Facebook, Google or Apple for convenience reasons. If you use an email address, you can use any email address including the same you used to sign-up for Freds’ Big Run.

Once registered you will be asked to allow the app to use your location. You need to click ‘Allow While Using App’ so your walks or run are being tracked properly.

4) Now link the app with your Fred's Big Run APP ACTIVATION CODE



Once you have entered your six-digit code – click on **JOIN** and you will be linked to your Fred's Big Run fundraising page.

You can now start tracking your walks using the app. Once you finish the walk and STOP the activity it will sync to your fundraising page and add the kms to your fundraising page total.

If you have any further questions, check out our website:

<https://www.fredsbigrun.org/logging-your-kms>

Thank you for your patience and understanding as we roll out this new feature for participants to enjoy.

Happy Running!

Your Fred's Big Run Team at The Fred Hollows Foundation