



Jersey
Action
Against
Rape

How to Download and Set Up Run Keeper

Step 1

Open the app or play store and download **Runkeeper-GPS Running Tracker**

Step 2

It will ask you to sign up either with your Apple, Facebook, Google credentials or to Sign Up With Email

App Store 4G 13:03 85%

Create your account

A OneASICS™ account is your key to everything ASICS—from mobile apps to online shopping. Create yours to get started with Runkeeper.

Continue with Apple

Continue with Facebook

Continue with Google

Show More

or

Sign up with email

Already have a OneASICS™ account? [Log in](#)

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Create your account

Email *
name@email.com

Password *
Must be at least 8 characters

First Name *
eg. Mary or Michael

Last name
eg. Smith

Date of birth *
DD/MM/YYYY

Location of residence *
United Kingdom

Gender
Select a gender

Step 3

On the next screen, please fill in all the necessary details personal to you and click **Create Account**. It will then ask your communication preferences. Please tick your preferred preferences and click **Save Preferences**. For the app to track your run, on the next screen you will need to hit **Ok to location and motion**, then **allow while using app** at the next option, and then **Okay** on the next screen.

Step 4

If you would like the app to send you notifications about your progress then click **allow** here, if not then click the different option.

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Communication Preferences

We'd like to send you occasional emails to keep you motivated, connected and in-the-know. Update these preferences at any time.

- Send me emails about personal progress updates, rewards, discounts and new challenges.
- Send me occasional emails based on the health data I share with the Runkeeper™ app.
- Send me occasional emails about events, meetups and races based on my location.

[Privacy Policy](#) / [Terms of Service](#)

Save Preferences

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You have now created a Runkeeper account



Welcome to the team!

You're joining millions of active runners who have chosen Runkeeper™ as their digital coach.

Continue

Step 5

The app will kindly ask you what brings you to RunKeeper, please chose whichever category you please as this is a personal challenge! Please note none of the options are Virtual Challenge so you might like to click **Something Else**. The app will then ask you which distance you would like to run, pick whichever is your desired length.

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What brings you to Runkeeper?

Choose one reason that is most important to your fitness journey right now.

- Lose Weight**
- Maintain Fitness**
- Get in Better Shape**
- Train for a Race**
- Improve Mental Health**
- Something Else**

Skip



Step 6

It may recommend you to upgrade the programme, however for this guide please click **no**, and then the **X** in the top right hand corner of the screen here, unless you wish to pay for the upgrade.

Step 7

Congratulations! You have now set up your profile!

Step 8

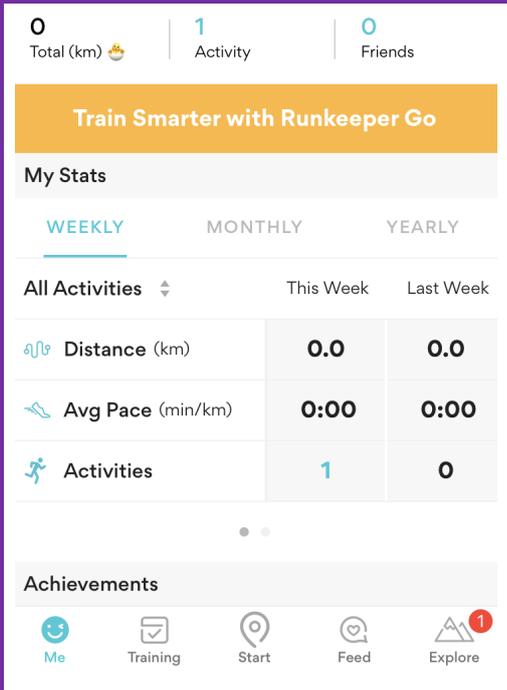
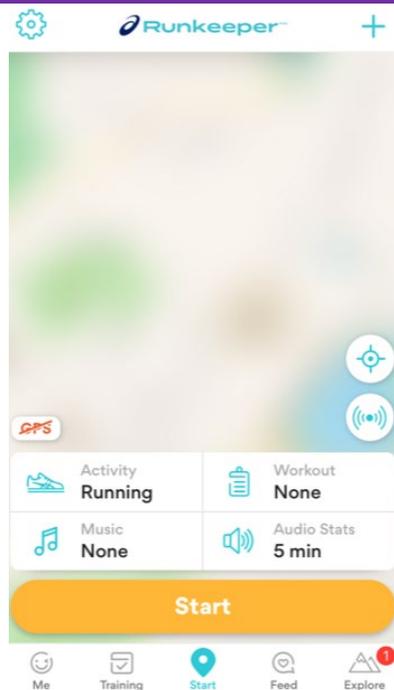
To start on your virtual distance, open the app at the beginning of your run and click the orange Start button in the middle at the bottom of the screen.

Step 9

Finish your run by pressing the square stop button, and then **save** on the next screen. Congratulations you've completed your first run!

Final Step

To send us your progress open the app, click **Me** in the bottom left hand corner of the home screen, scroll down to the activities and press the little right arrow. This will show us all the runs you have completed, screenshot it and send it over to fundraising@jaar.ie so we can virtually cheer you on 😊



There are other features if the RunKeeper app, that you can use to set distance or complete a race. If you have any questions get in touch with our fundraising team and we will help you get up and running!