

great  north  **VIRTUAL**

**SHARE YOUR
RUNNING JOURNEY**

HOW TO GET INVOLVED

Thanks for taking part in Great North Run Solo or the Virtual Great North Run!

It's fantastic to have you on board and we can't wait to see your Great North Run story. Here's a step by step guide to filming and uploading videos of your running journey.

The first thing you'll need to do is download the app called SeenIt Capture from your app store. This is completely FREE.

Once you've downloaded the app, you will need to sign-up using your email.

Once you've signed up, the app will land you on your projects page, which if you're a first time user will be empty apart from an option to 'join a new project'. Please tap on this and type **greatnorthrun2020** which will take you to our project page.

We have set up a selection of pre-set topic suggestions for you to film about. Please bare-in mind that while filming through the app there's a 30second limit per clip, but if you would like to show us more of your story then that's ok too, as you can upload as many videos as you like!

1. Tell us who you are! What's your name? Where are you based and most importantly, where are you running?
2. Take us on your run! Show us your running back drop. Why do you love running here? Why did you choose this location?
3. What does running mean to you and why - especially during this year? Does it help with mental health, are you looking to help others, or are you aiming to beat a personal best?
4. Take us on your Virtual Great North Run journey. If you're doing Great North Run Solo then film the last few of your 40 runs. And how about on 13th Sept show us your Virtual Great North Run experience.

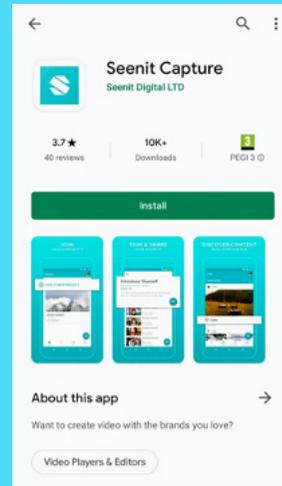
The app will automatically prompt you to film in landscape, not portrait. Please follow this prompt.

We can use clips in portrait but for technical reasons landscape is better for us. Thank you.

STEP BY STEP GUIDE

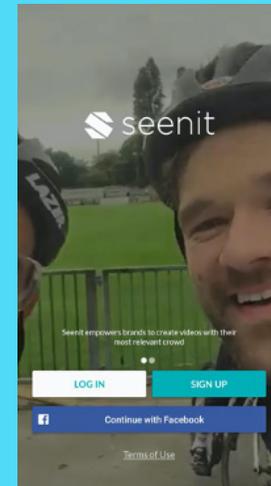
1

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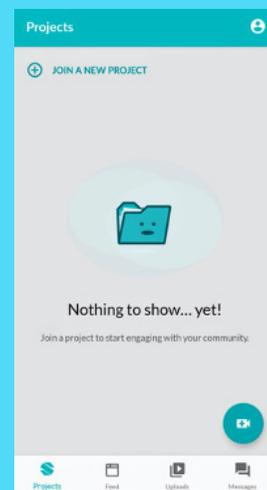
2

Open the app and sign up.



3

When you've signed up you'll land on this screen.



4

Tap on 'join a new project' and enter the project ID - **greatnorthrun2020**

This will load the GNR 2020 project.



STEP BY STEP GUIDE

5

Click on the project and follow the on screen prompts, which include the prearranged questions/subjects to film about.

6

Once you've clicked on the question/subject you would like to contribute to please click on the camera logo to record your video. Once done you will be asked to save the video. We then receive it and can put it to air!

Need some filming tips? Check out [this video link](#) for guidance on lighting and backgrounds, etc.

Thank you and we can't wait to see your footage!