

# GOLDEN FRIENDSHIP WALK & RUN 2023

## User Guidelines



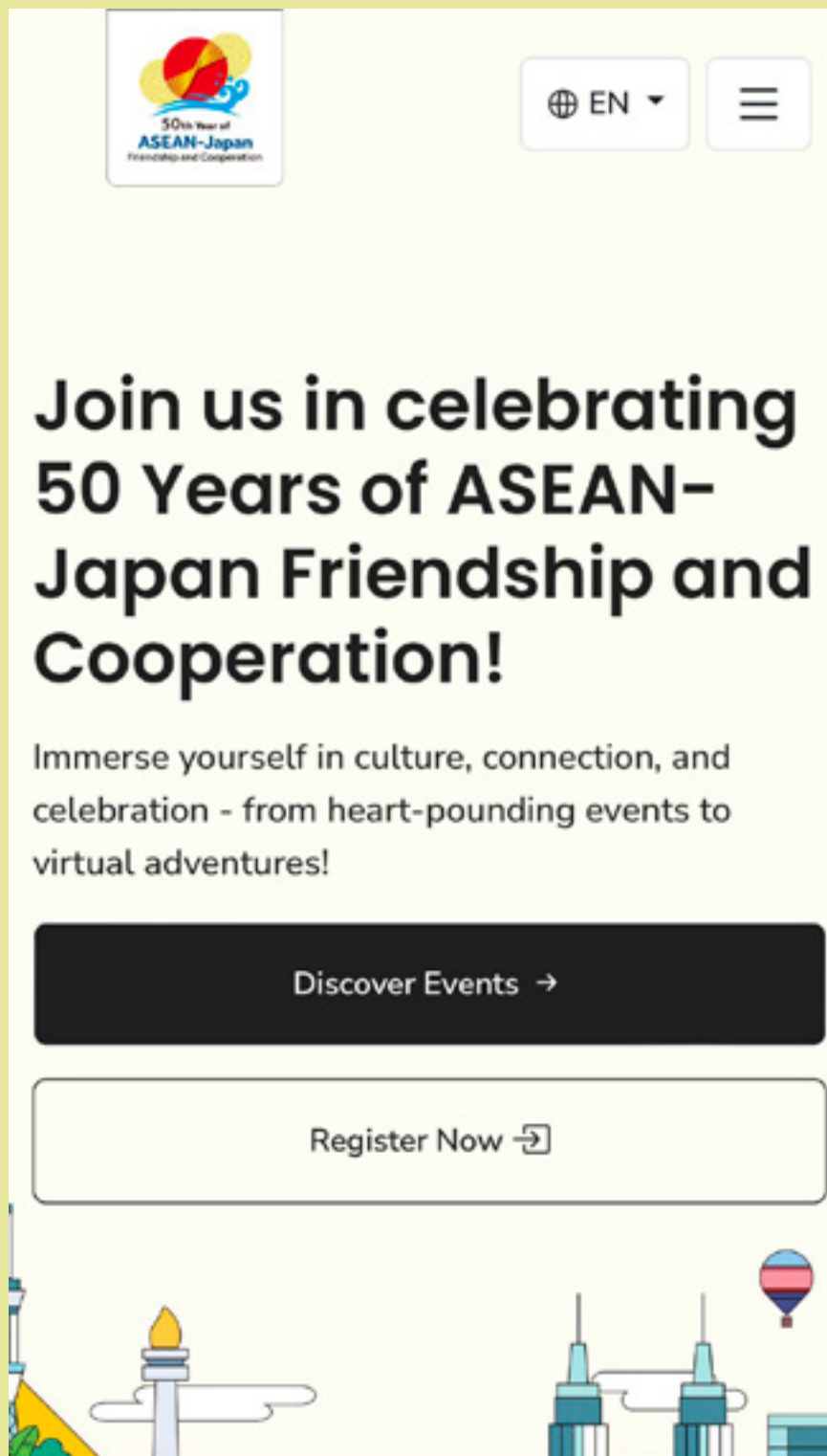
# GOLDEN FRIENDSHIP WALK & RUN 2023

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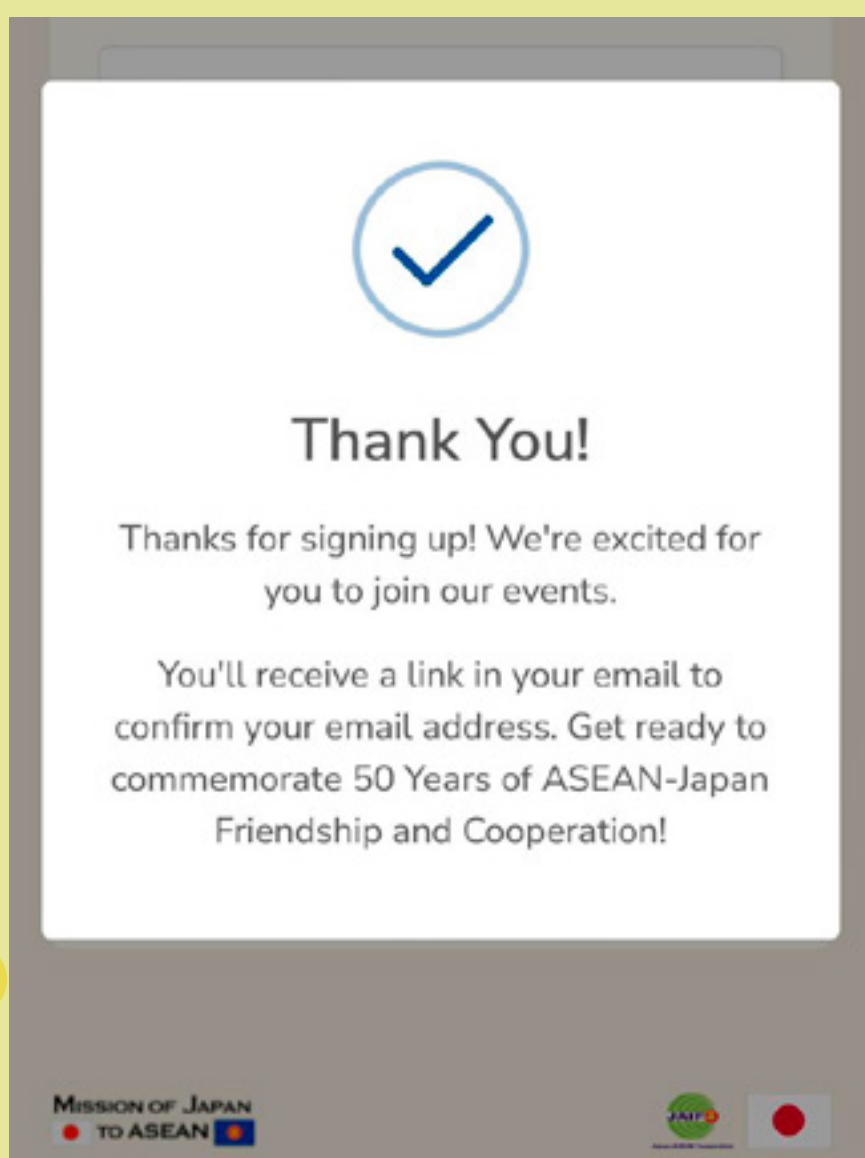
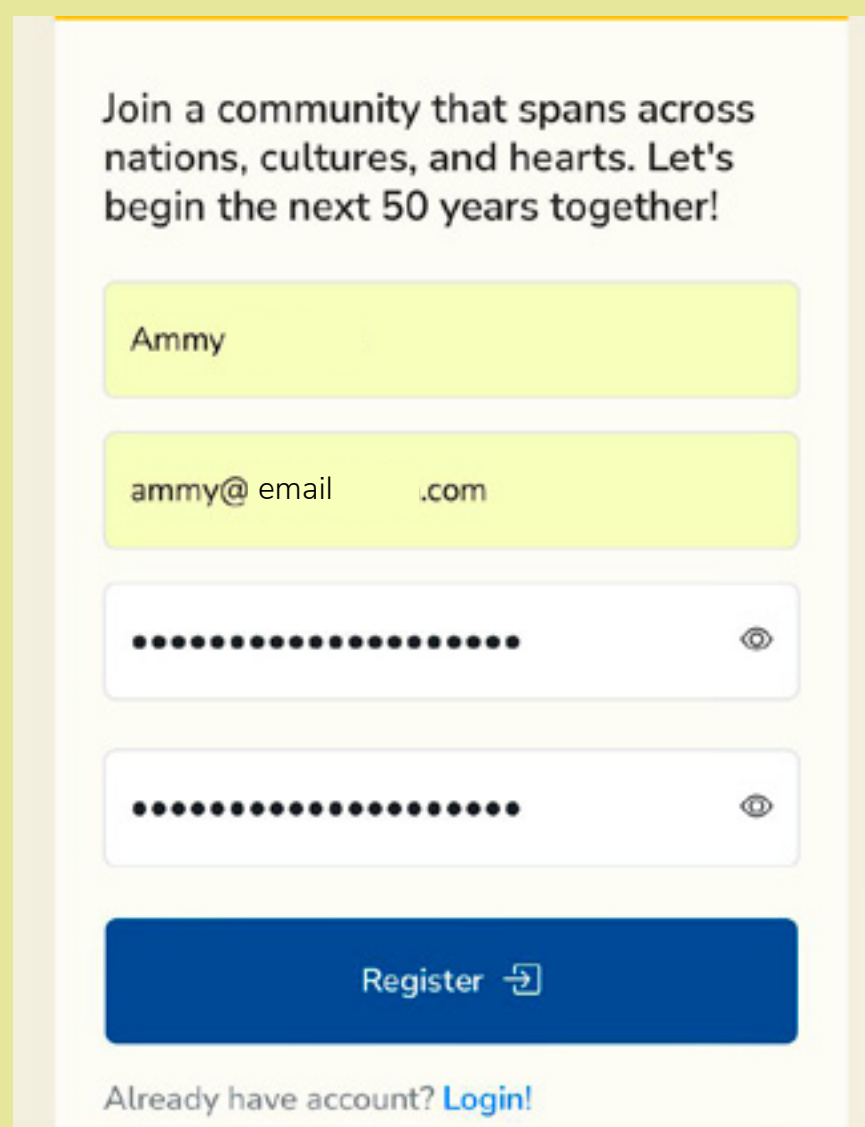
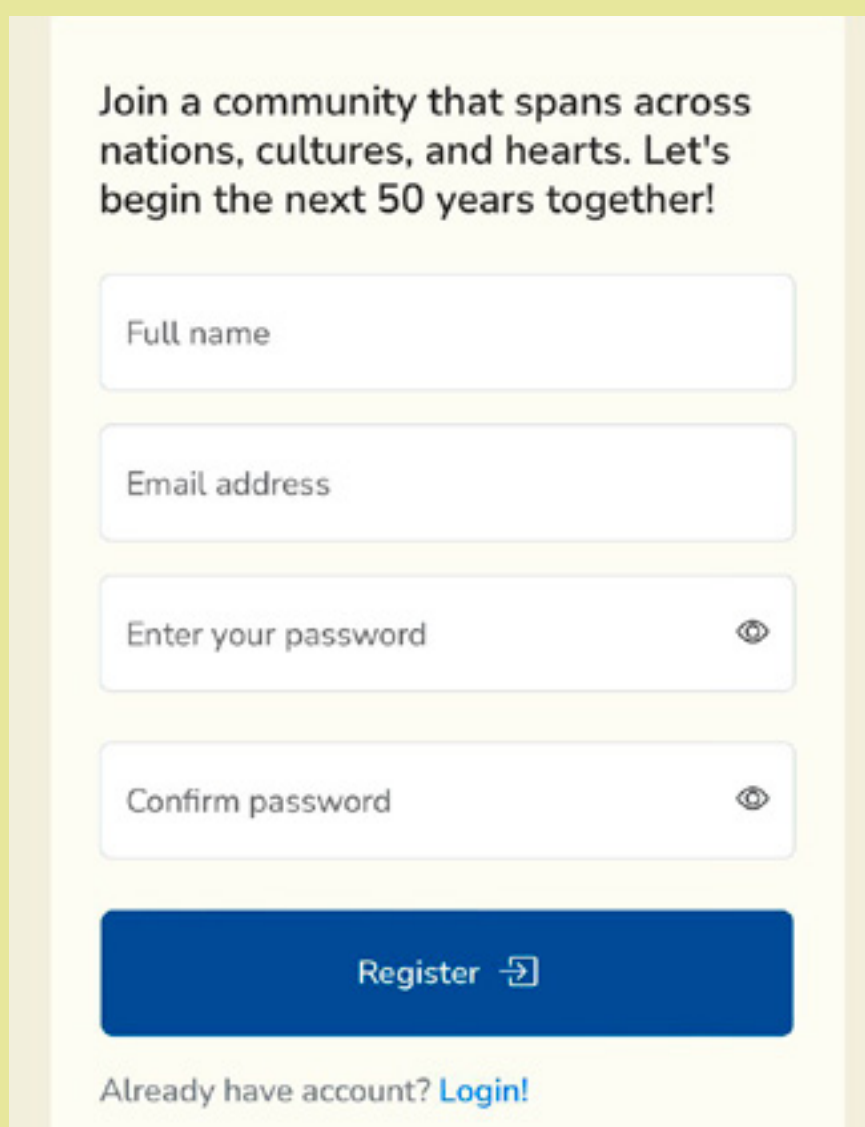
## 01 Registration Instructions



1. Go to [aseanjapan50.org](https://aseanjapan50.org) and click the **register button** to join 50<sup>th</sup> Year of ASEAN-Japan Friendship and Cooperation Commemorative Events.



2. Add your name, email, and create a password to access your profile page where you can see your activity progress.

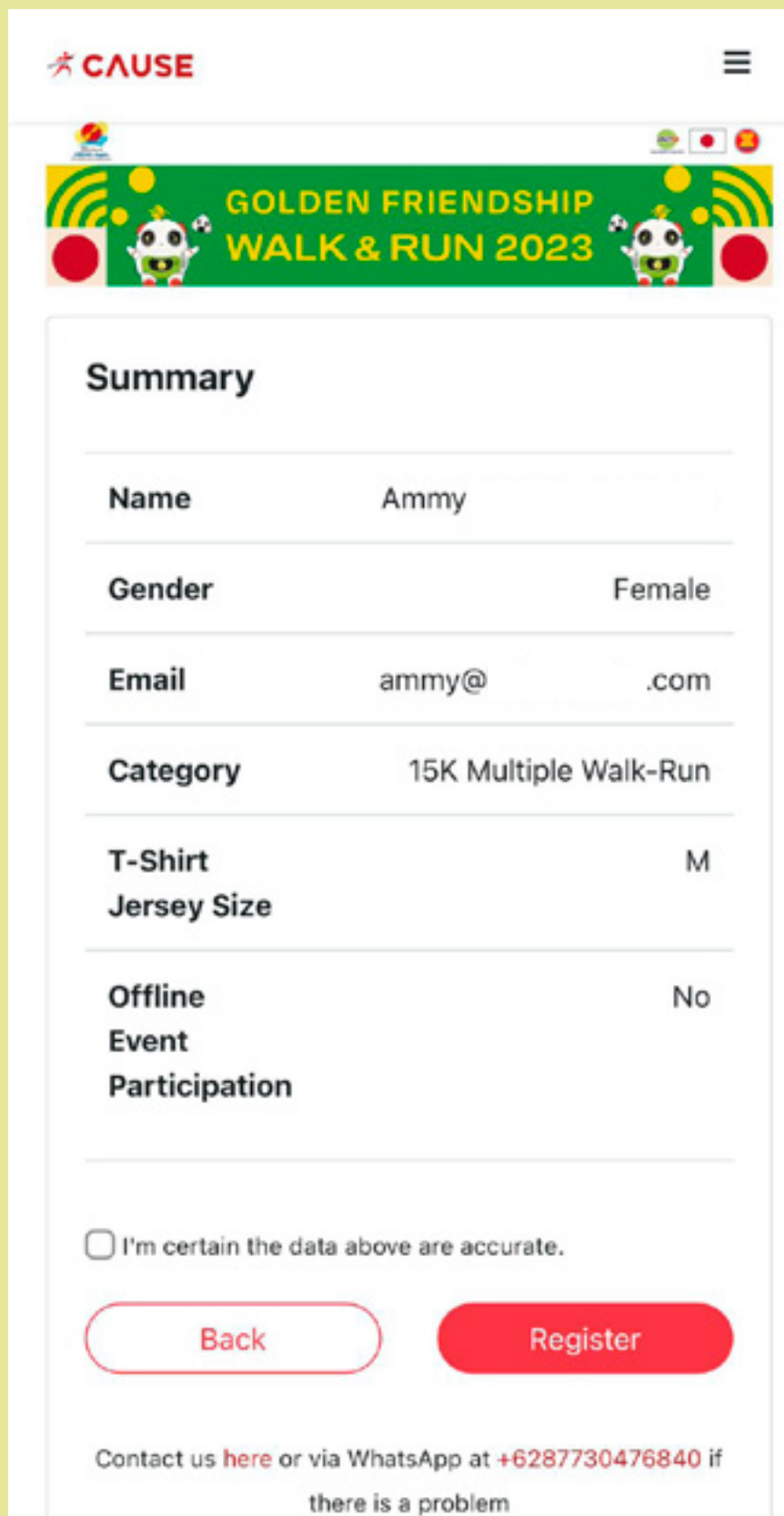


- On your profile page, fill in your **country code and phone number** then click **join now** to participate in the Golden Friendship Walk and Run 2023. You will be automatically registered with a cause.id account, and directed to complete the event registration information and select your category.

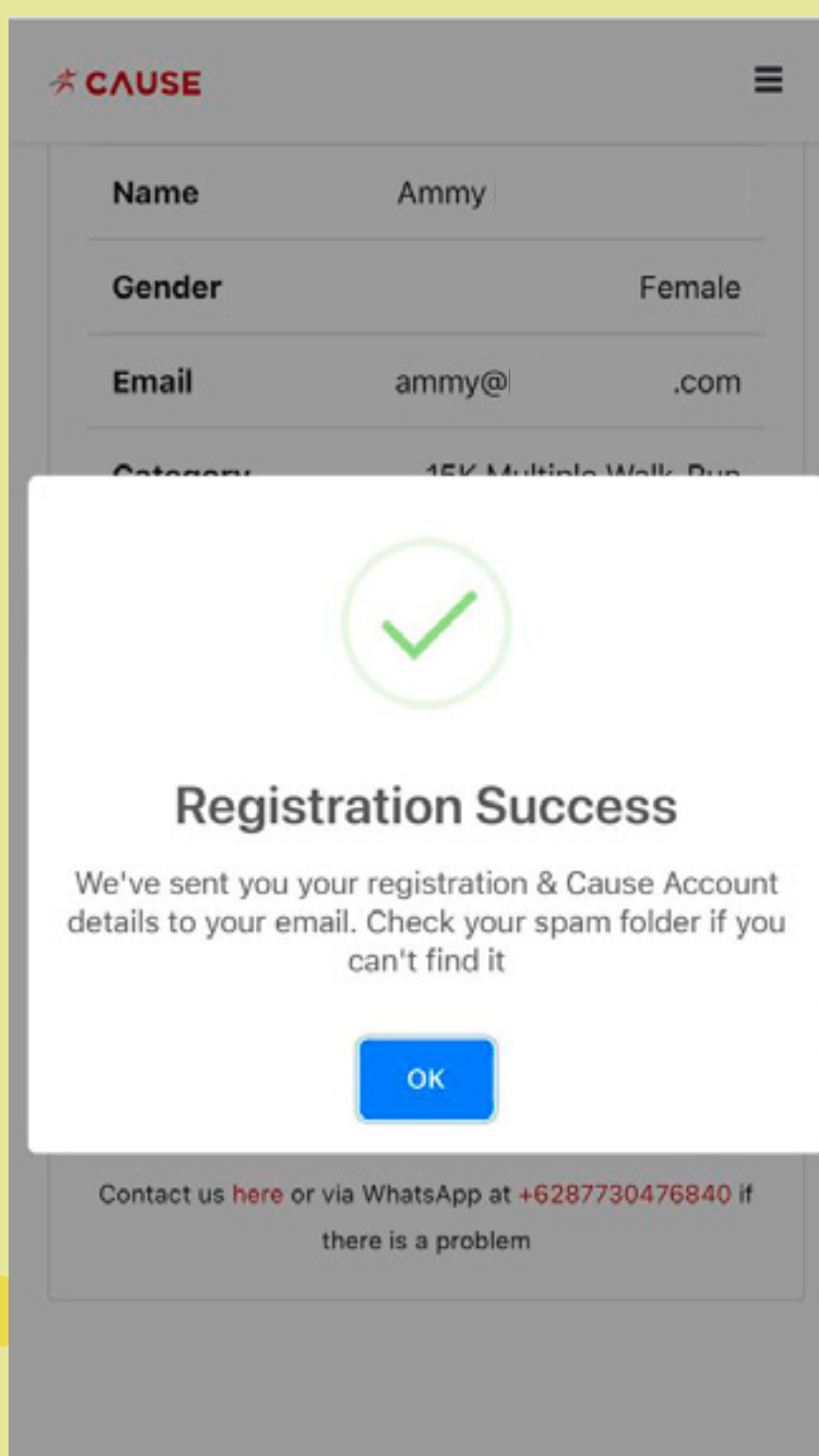
- Complete your registration by choosing the desired category: Distance or Pace, your T-Shirt Size, and your interest in joining the offline Golden Friendship Walk & Run 2023 in Jakarta, Indonesia.

SIZE	WIDTH	LENGTH
M	52cm	73cm
L	54cm	74cm
XL	56cm	76cm

- Participants interested in joining the offline event in Jakarta, Indonesia on November 5<sup>th</sup>, 2023 will be invited by lucky draw. There is limited space available, the selected participants will be contacted by email.
- Review your information and click register on the **cause.id** page to confirm your participation in the Golden Friendship.



- Now you can see your profile at **cause.id** and start your activities for the Golden Friendship Walk and Run 2023. You can also see your progress in your **aseanjapan50.org** profile page and **cause.id** profile



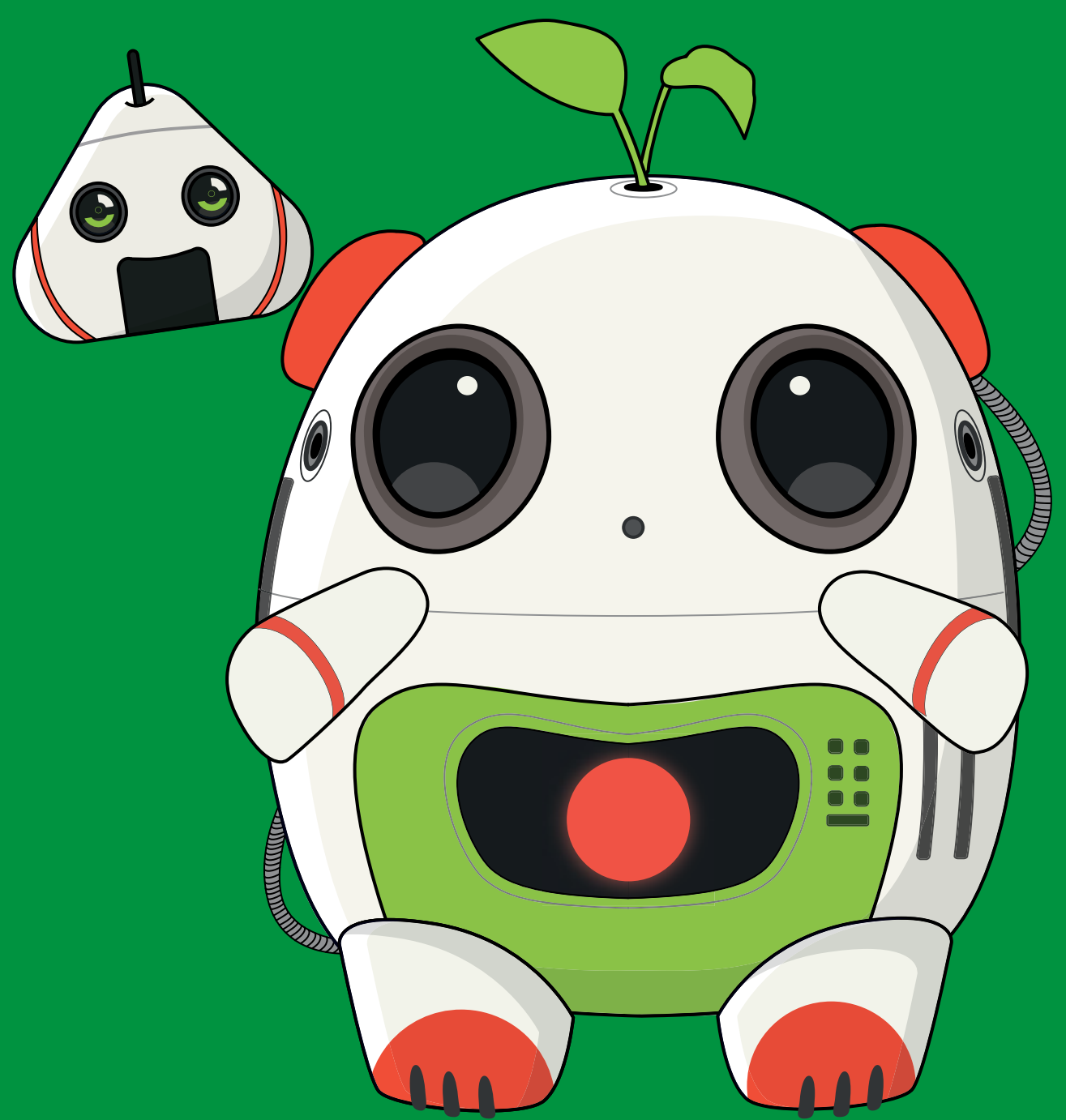
8. Don't forget to check your email to verify your account.
9. The activity period for the Golden Friendship Walk and Run 2023 starts from November 1<sup>st</sup> to November 29<sup>th</sup>, 2023
10. Start moving towards a greener future!



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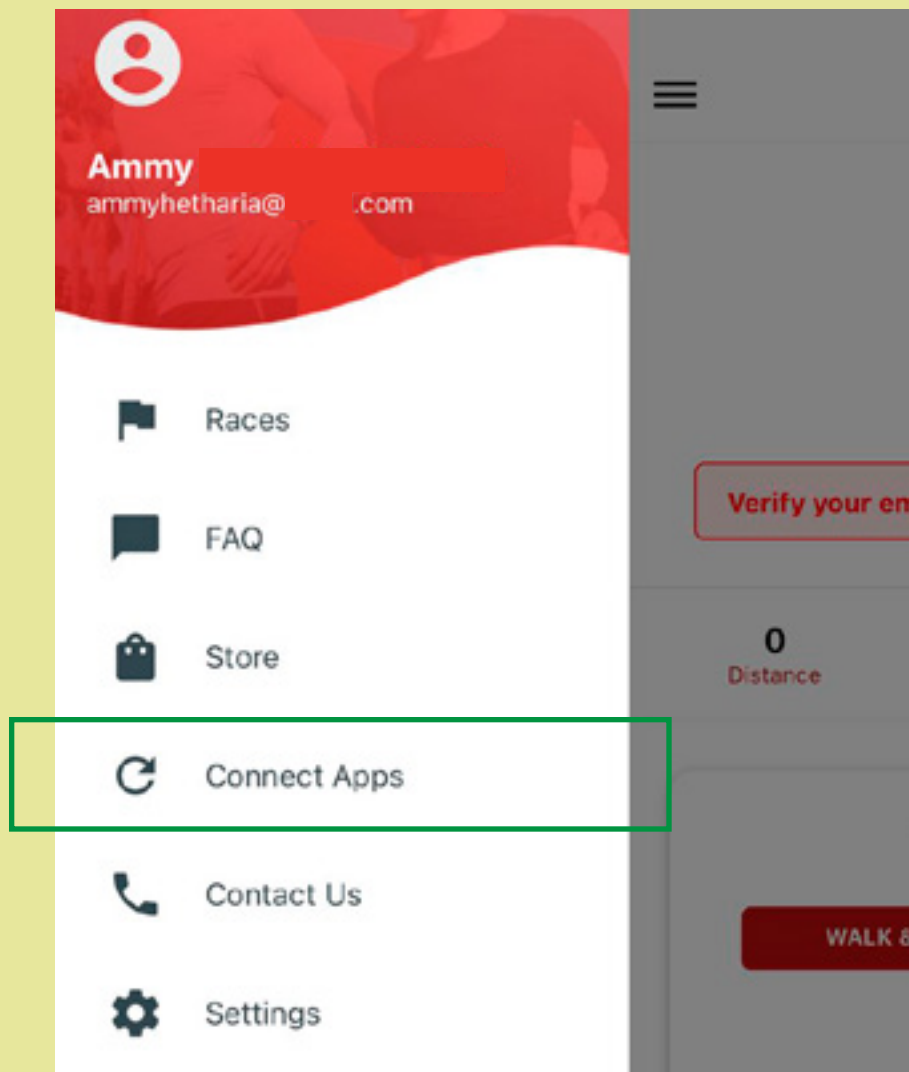
## 02 Upload Instruction



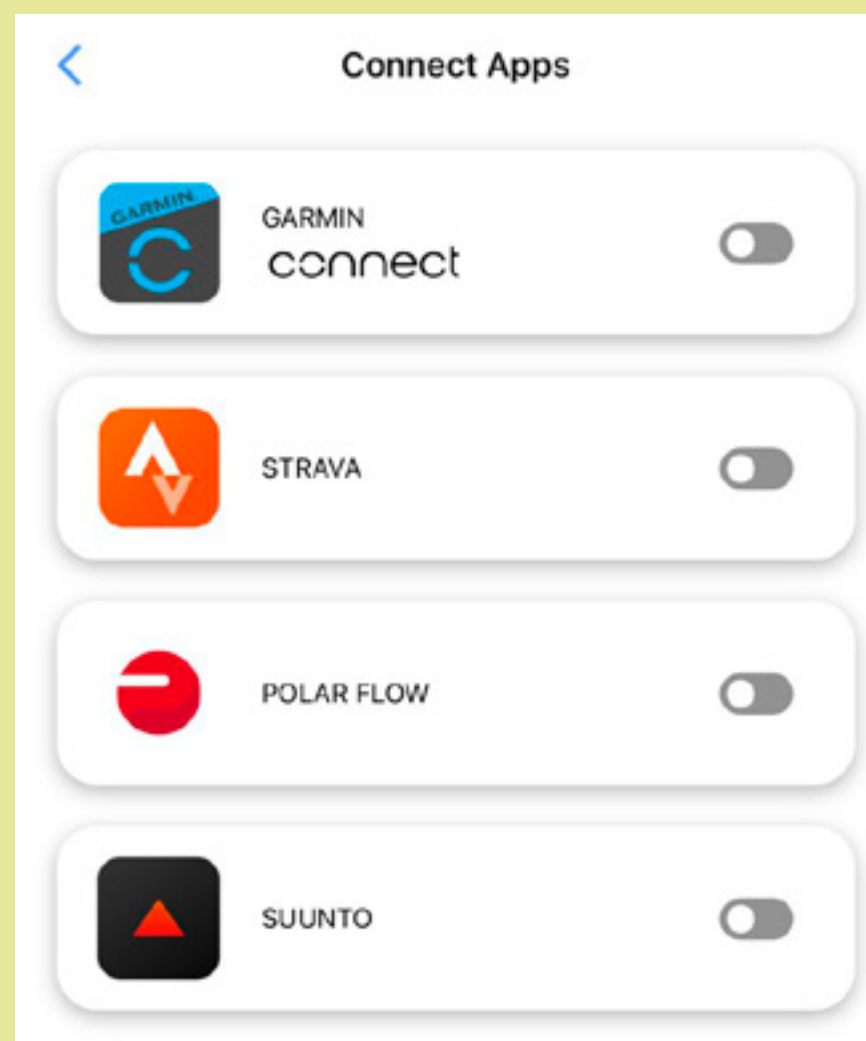
## • THROUGH CAUSE WEBSITE

Connect Garmin/Strava/Suunto/Polar to Cause through website by following these instructions:

1. Login to your Cause profile through <https://cause.id/login>
2. Click on “Connect Apps”



3. Choose Garmin/Strava/Suunto/Polar



4. Click “Connect Now”
5. Continue the Sync Account process until complete

## • THROUGH CAUSE APPLICATION

Connect Garmin/Strava/Suunto/Polar to Cause through application by following these instructions:

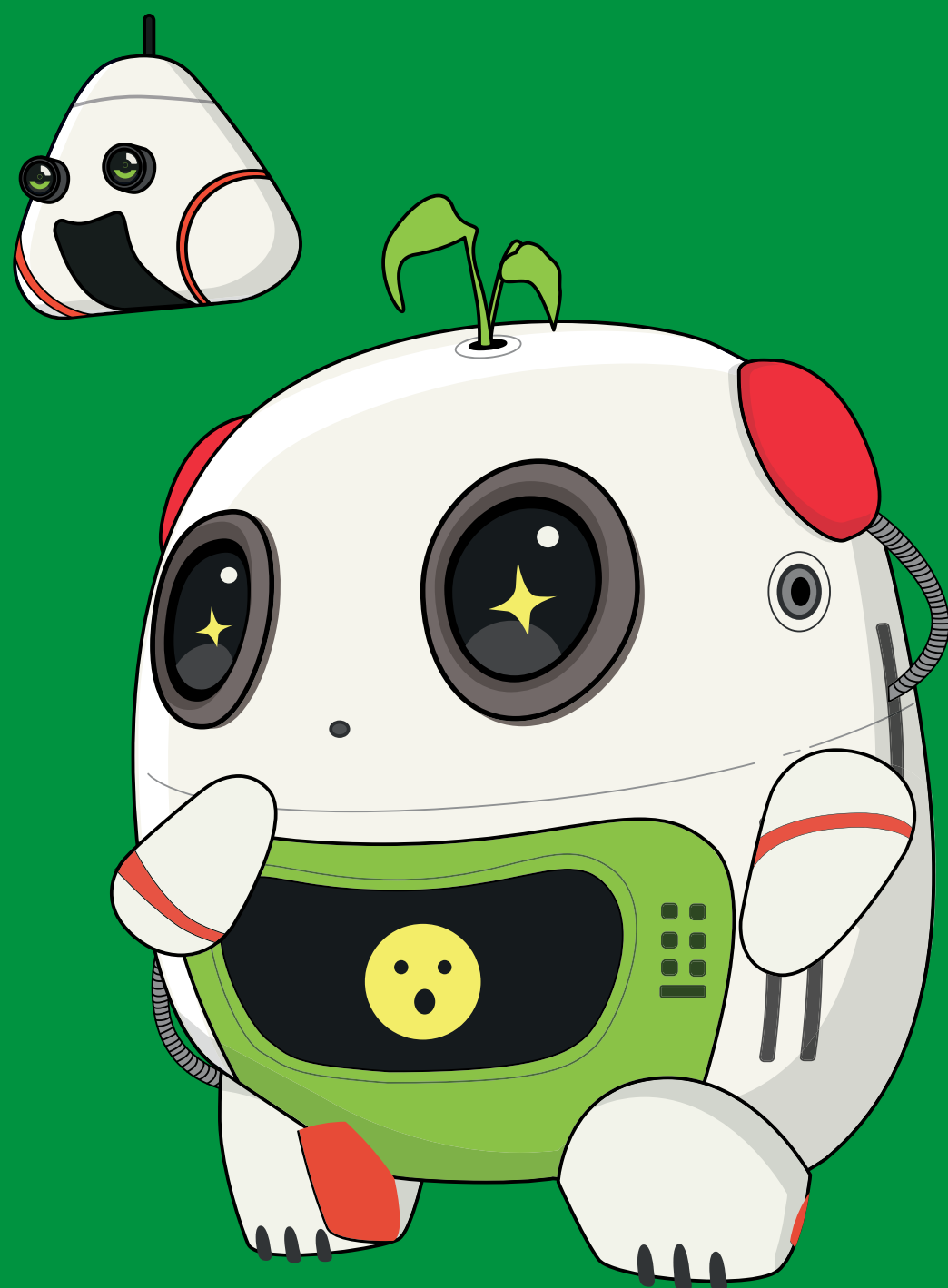
1. Open the Cause Virtual Run & Ride mobile application
2. Click the “Submit Now” button for the event you are currently participating in
3. Choose Garmin or Strava
4. Continue the Sync Account process until complete



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## 03 Running Competition Rules



## GENERAL RULES

1. Participants must register for the Golden Friendship Walk & Run 2023.
2. Registration cannot be canceled or changed.
3. We recommend using apps like Garmin Connect, Strava, Suunto, or Polar for tracking.
4. Always turn on your GPS when doing outdoor activities with the tracking app.
5. Speed limits during activities:  
Fastest pace - 2.9 minutes per kilometer
6. We reserve the right to validate or adjust activities that don't follow these limits.
7. Manual submissions (screenshots from other apps) are not allowed, only submission using **cause.id** application or **connected applications are allowed**.
8. For activities with GPS drift, we may disqualify or adjust the distance.
9. Registration is open from October 18<sup>th</sup> to November 15<sup>th</sup>, 2023, until 23:59:59 WIB.
10. Submit your results from November 1<sup>st</sup>, 2023, at 00:00 WIB, to November 29<sup>th</sup>, 2023, at 23:59 WIB.
11. We'll validate results from November 30<sup>th</sup> to December 6<sup>th</sup>, 2023.
12. Your submitted activity data must meet these criteria:
  - Contains map information
  - Not set to private
  - Not hidden
  - Not deleted
13. For safety, it is advised that you do not participate in the event you have any severe illnesses.
14. Breaking the rules may lead to disqualification.
15. Rules may change without notice.
16. Contact us through the Contact Us form for questions or reports related to the event.

## TOP 50 DISTANCE / PACE RULES

### Eligibility:

1. For Distance Category, participants must complete a minimum of 15km in single or multiple submissions to qualify.
2. For the Pace Category, participants will be considered as finishers once they achieve a 5km run.

Categories:

1. Distance Category
2. Pace Category

Distance Category:

1. Participants compete to cover the maximum distance.
2. Multiple submissions are allowed.
3. The top 25 participants with the greatest accumulated distance will be declared winners.

Pace Category:

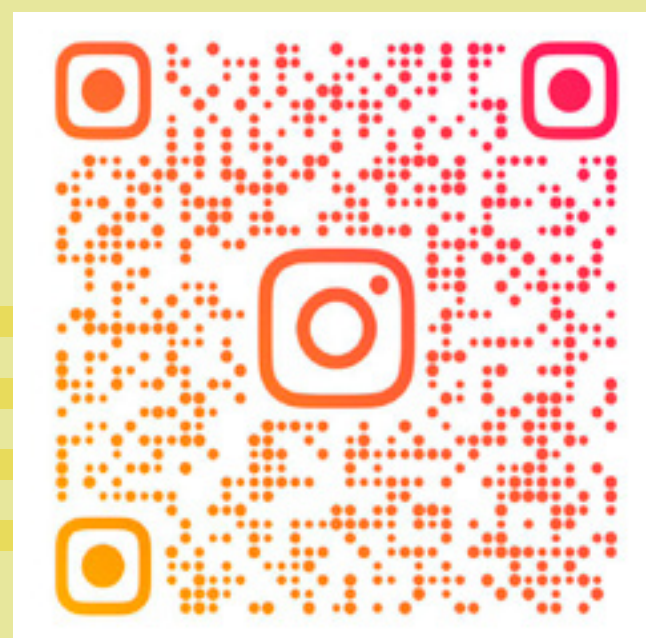
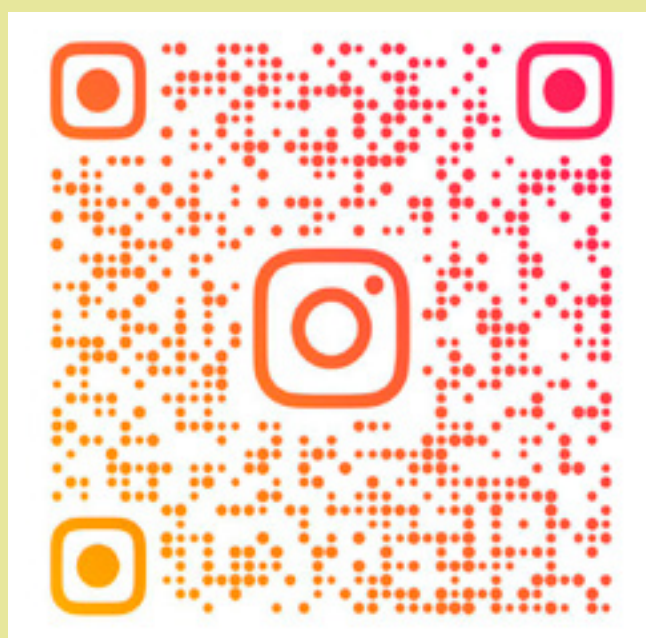
1. Participants aim to achieve the fastest pace on a 5km run in a single activity.
2. Multiple submissions are allowed during the four-week activity period.
3. Only your fastest 5km run will be considered for winner selection.
4. Special Awards in Pace Category:  
The top three male and the top three female runners will receive special running shoes.

## LUCKY FINISHER DOORPRIZE RULES

1. Winners must be participants of the Golden Friendship Walk & Run 2023.
2. Winners must complete a minimum distance of 15 km -> Winners must complete a minimum distance of their selected category.
3. Lucky finishers will be randomly selected at the end of the event period to win one of the available special prizes.
4. Available Lucky Finisher prizes will be announced at a later date.

## AR FILTER CHALLENGE RULES

1. Register for the Golden Friendship Walk & Run 2023.
2. Follow [@causeid](#), [@jaif\\_asean](#), and [@japanmissiontoasean](#) on Instagram.
3. Post your best running photo with the JABOT AR Filter.



4. Tag **@causeid**, **@jaif\_asean**, **@japanmissiontoasean** and **@jabotjourney** in your photo.
5. Write a creative caption explaining why you support a greener future.
6. Use hashtags **#FindYourCause** **#CauseWhyNot** **#GoldenFriendship2023** **#ASEANJapan50** in your caption.
7. No limit on the number of posts you can make.
8. Contest runs from November 1<sup>st</sup> to November 29<sup>th</sup>, 2023.
9. 10 winners will be chosen based on the best photo and caption.
10. Winners will receive exclusive sports products :
  - Sports wear
  - Sports Food
  - Sports Drink
11. Winners will be announced on **@causeid**, **@japanmissiontoasean**, and **@jaif\_asean** Instagram on December 11<sup>th</sup>, 2023.
12. All materials submitted become the property of the Japan Mission to ASEAN, the Japan-ASEAN Integration Fund (JAIF) Management Team (JMT) and CauseID, which can use them as needed for an indefinite period.

## VALIDATION & WINNER DETERMINATION RULES

1. Participants are only allowed to file appeals during the validation period by providing supporting evidence for consideration by the organizing committee. Any requests or reports submitted outside the validation period will not be accepted by the committee.
2. The committee has the right to request supporting evidence during the validation period to investigate participants. Failure to provide the necessary evidence in a timely manner as requested by the committee may result in disqualification of the results and/or the participant from the event and/or competition.
3. All decisions made by the committee are final and not subject to appeal.
4. Prizes cannot be exchanged for cash, in whole or in part, or transferred in any way.
5. Winners cannot choose the color and/or type of the prize provided. The color and/or type of the prize provided will be based on the information listed on the event page or based on stock availability.
6. Each winner can only win 1 (one) prize in this event.

7. Selected winners will be contacted via email to confirm their information and complete administrative requirements. If the winner cannot complete the required data and administrative requirements within 5 (five) working days after being contacted, the organizing committee reserves the right to cancel the winner and transfer the prize to another eligible participant.
8. The organizing committee reserves the right to cancel the status of a selected winner if, in the future, there is information/facts/reports/evidence indicating dishonesty, manipulation, or cheating.

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**FOR ANY ENQUIRIES CONTACT:**

Whatsapp : +62 877-3047-6840

Email : [cs@cause.id](mailto:cs@cause.id)

