

INSTRUCTIONS



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1. STORY

SINCE ITS LAUNCH IN 2017 BY THE STUDENTS OF THE SPORT MANAGEMENT DEGREE OF THE UNIVERSITY OF BREST, THE RACE “LA SOLIDAIRE DE BREST” HAS BECOME AN UNMISSABLE EVENT. THIS YEAR, WE ARE DELIGHTED TO BE ORGANIZING THE 5TH EDITION.

YEAR AFTER YEAR, “LA SOLIDAIRE DE BREST” HAS BECOME ONE OF THE MAJOR EVENTS OF THE INCLUSIVE SPORT. WITH HIS SLOGAN “A CHACUN SA PERFORMANCE” WHICH MEANS “TO EACH HIS OWN PERFORMANCE”, DISABLED AND ABLE-BODIED PEOPLE RUN AND WALK TOGETHER.

THIS YEAR, THE RACE WILL TAKE PLACE IN A DIGITILISED VERSION FROM MARCH 28TH TO APRIL 3RD 2022 WITH THE BIG EVENT ON THE 3RD AT THE POLDER (RUE DES MOUETTES), MOULIN-BLANC, BREST.

WALKING OR RUNNING, IN A WHEELCHAIR OR IN A JOËLETTE, THE AIM WILL BE TO WORK FOR THE CHARITIES: “UN RÊVE, UN SOURIRE” & “LES JOËLLETES DU BOUT DU MONDE”

THE GOAL OF OUR TEAM, THE SEA-EU TEAM, IS TO MAKE YOU RUN OR WALK A MAXIMUM OF KILOMETERS FOR THESE TWO ASSOCIATIONS EVERYWHERE!

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1. How to REGISTER?

You can scan the QR code from the poster or click on the link: <https://la-solidaire-de-brest.s2.yapla.com/fr/event-25178/register/la-solidaire-de-brest-decathlon/25178?fbclid=IwAR2qIiV7SqGZE2HNspl2Pxea-E8jh6dP-4bUjbUTUSjIsXBmJxge6pY-Dzg>



2. SWIPE DOWN TO FIND THE SEA-EU REGISTER OPTION.

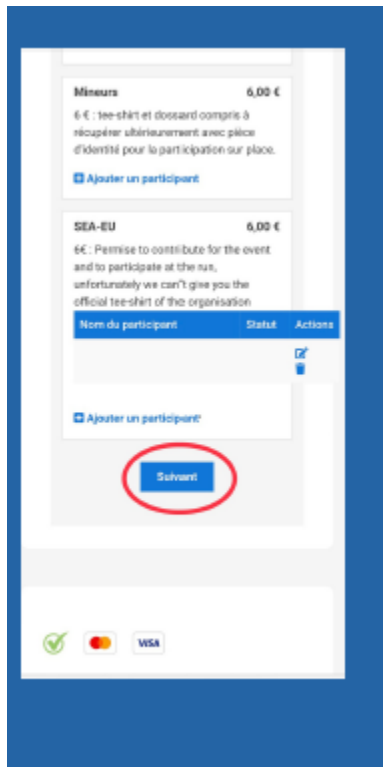
CLICK ON THE SEA-EU BOX. NOW, IT'S TIME TO GIVE US YOUR INFORMATION. DON'T WORRY, **THE REGISTRATION IS FREE for the SEA-EU community!**



3. YOU NEED TO ENTER THE CODE "SEAEU2022" IN THE BOX NAMED "CODE DE RÉDUCTION", THAT MEANS "DISCOUNT CODE". AFTER THAT, THE PRICE BECOMES 0.

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CLICK ON THE BUTTON “ENREGISTRER”. CLICK ON THE ENCIRCLED BUTTON TO CONTINUE.



YOU'RE NOW READY TO RUN TO THE EVENT “LA SOLIDAIRE DE BREST”!

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TO COLLECT THE INFORMATION OF YOUR RUN, THIS YEAR, WE HAVE CHOSEN TO USE A SMARTPHONE APPLICATION CALLED :

STRAVA™

YOU CAN FIND THIS APPLICATION IN YOUR COUNTRIES AT :

🌐 [APPLE STORE](#)

🌐 [GOOGLE PLAY STORE](#)

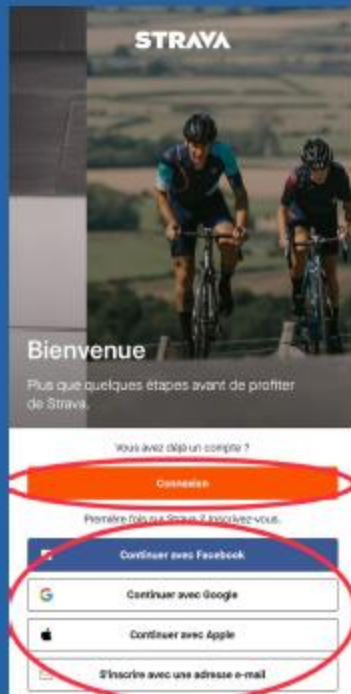
STEP 1 :

DOWNLOAD THE APPLICATION IF YOU DON'T HAVE IT.

OPEN IT!



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STEP 2 :

YOU CAN REGISTER OR LOG IN TO YOUR ACCOUNT IF YOU ALREADY HAVE ONE.

FOLLOW THE RIGHT ENCIRCLED BUTTON.

STEP 3 :

CLICK ON THE ENCIRCLED BUTTON TO FIND THE ACCOUNT OF THE EVENT.

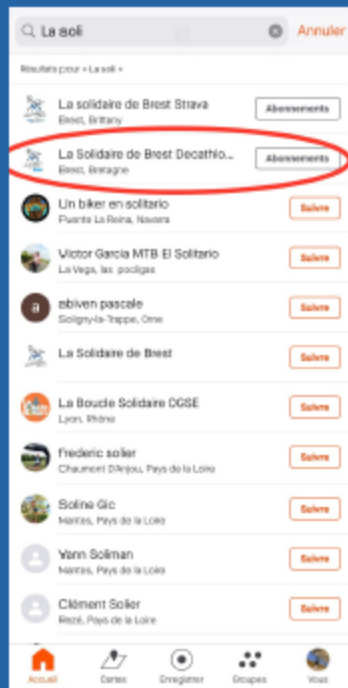


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STEP 4 :

THE ACCOUNT'S NAME IS "LA SOLIDAIRE DE BREST DÉCATHLON 2022".

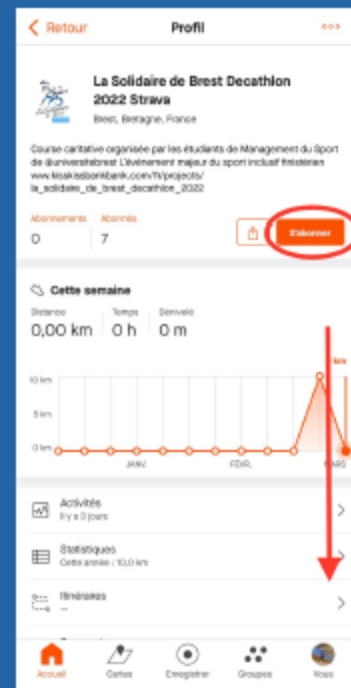
CLICK ON IT !



STEP 5 :

YOU CAN FOLLOW THE ACCOUNT WITH THE ENCIRCLED BUTTON!

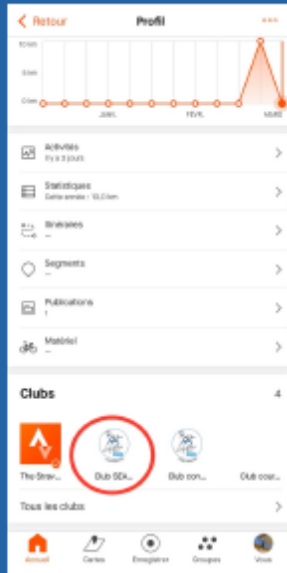
SWIPE DOWN TO JOIN THE SEA-EU GROUP.



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STEP 6 :

CLICK ON THE “CLUB SEA-EU”



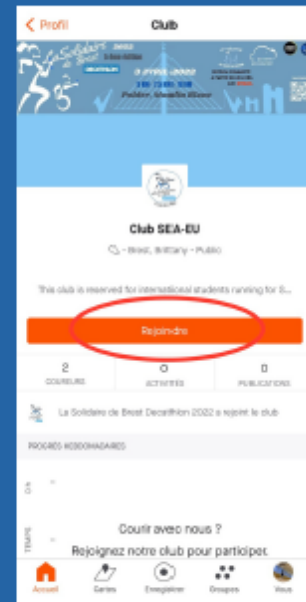
STEP 7 :

TO JOIN YOU DEDICATED CLUB,
CLICK ON THE BUTTON
“REJOINDRE”

WHEN YOU WILL RUN FOR THE
EVENT, OPEN THE APPLICATION, AND
IT WILL RECORD YOUR DATA

TO RECORD YOUR RUN, CLICK ON
THE 3RD BUTTON AT THE BOTTOM OF
THE SCREEN, IN OUR PICTURE IT'S
CALLED “ENREGISTRER”.

ALL THE DATA ARE RECORDED, AND WE CAN CHECK
THEM TO MAKE THE TOTAL OF THE KILOMETERS.



INSTRUCTIONS

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