

EDB RUN-WALK CHALLENGE 2026 — USER GUIDE & FAQs

ABOUT THE CHALLENGE AND GETTING STARTED

1. What is EDB's 15,000 km pledge and how does my mileage contribute?

As one TeamEDB, we are pledging to collectively clock at least 15,000 km during the Run-Walk Challenge, which runs from **22 August to 31 October 2026**.

Every kilometre you log through the Run-Walk app contributes to EDB's collective distance. For every 1 km clocked, South East CDC will contribute S\$1 in vouchers to support seniors in need. If EDB achieves 15,000 km, this will translate to S\$15,000 worth of vouchers.

15,000 km is our pledge, not a limit. If we exceed our target, South East CDC will increase its contribution accordingly. So keep walking, running and logging your activities throughout the Challenge — **every kilometre counts!**

2. How do I register?

The Run-Walk app is **available on personal desktops, laptops and mobile devices**. It cannot be accessed from WOG devices.

On your personal devices, go to runwalk2026.com and select **Register**. Register with your EDB email address and double check that the EDB email address is entered correctly, as future communications will be sent to the email. Set a password (min. 6 characters) and submit the registration. Accounts with valid EDB emails are approved automatically.

3. I forgot my password — how do I reset it?

On the login page, click **Forgot Password** and enter your EDB email. A 6-digit one-time code (OTC) will be emailed from noreply@runwalk2026.com to your EDB email. Check your spam folder if you do not receive the code in your mailbox.

LOGGING YOUR DISTANCE

4. Can I log walks and runs manually?

Yes. You may log walks and runs manually on personal desktops, laptops or mobile devices.

Open **Log Runs** in the header, click **+Log Run**, and enter your distance and date. Manual entries are approved automatically based on trust and will contribute directly to EDB's collective distance reported to South East CDC, as well as to the Leaderboards. **We**

therefore ask everyone to log only distances you have genuinely completed and to ensure that your entries are accurate.

Uploading supporting proof is optional. However, we encourage you to keep some form of supporting proof for your activities, as the organisers may request it for verification where necessary. This could include:

- A screenshot of your activity showing the distance clocked;
- Your step count (See Qn. 5); or
- A photo of your activity, or any other relevant proof.

5. Can I log steps accumulated from other forms of activities (e.g. basketball, soccer)?

Yes. Steps accumulated from any form of physical activity may be logged manually as distance, based on South East CDC's conversion rate of **1,250 steps = 1km**.

6. Can I sync walks and runs from Strava?

Yes. You may sync activities from Strava on mobile devices. Open **Log Runs** in the header, click **Connect Strava**, then click **Sync Now**. All eligible runs will be verified automatically.

To disconnect your Strava account, you may do so anytime by selecting **Disconnect**.

7. Which activities and information will be synced from Strava?

Activities will be synced from Strava if they meet all of the following conditions:

- The activity type is one of the following: Run, Walk, Virtual Run, and Trail Run;
- The activity is logged between 22 August and 31 October 2026;
- The activity is set to "Visible to all" or "Visible to followers". Private activities will not be synced.

Only the date and distance of eligible activities will be synced. Other information, such as your location and the starting and ending points of your activity, will not be synced.

8. Why are my runs under review, rejected or not shown on my profile?

Normal manual and Strava entries are auto-approved. Entries above 30 km are flagged for review and require a note explaining the activity, before being manually reviewed by admin.

If you believe an entry is wrongly rejected or is missing, report this by filling up the **Report a Bug** form at the bottom of the webpage.

9. I ran with my group of colleagues. Can we log a single activity as a group?

No. Each participant needs to log their activity individually for their distance to count towards EDB's collective mileage.

10. What rewards do I get from logging activities?

From 22 August to 31 October 2026, all logged activities will automatically be entered into bi-weekly lucky draw, with 10 winners selected per draw.

LEADERBOARD

11. How do the leaderboards work?

There are 3 leaderboards available: All Time, This Week, and Last Week. The leaderboards are updated in real time whenever an activity is logged.

The weekly leaderboard runs from Monday to Sunday and resets at 11:59 PM (SGT) every Sunday, with a new weekly leaderboard commencing each Monday.

SOCIAL FEED

12. What can I post?

You may share activities recorded either manually or through Strava on the Social Feed, together with a photo and caption.

To share an activity, go to **Log Runs** in the header and locate the activity you wish to share under **My Activities**. Click **Share** to create your post.

Once posted, it will be visible to all EDB users on the platform.

13. Can I react to or comment on posts, or tag other users?

Yes. You may:

- React to a post using one of the following emojis: ❤️ 🔥 🙌 🏆 🎉. You may select one reaction per post and tap it again to remove it or select another emoji to change your reaction;
- Comment on a post (max. 500 characters);
- Tag another user by typing @Name in a caption or comment.

14. What reward do I get for posting group photos?

To qualify as a group photo, the photo must feature **at least 5 EDB participants**, with all group members tagged in the caption. From 22 August to 31 October 2026, qualified group photos are eligible for the following prizes:

- **Bi-weekly lucky draws:** Eligible group photos will automatically be entered into bi-weekly lucky draw, with 1 group winner selected per draw.
- **Most popular group photos:** At the end of the Challenge, the 5 most popular group photos will receive prizes. Popularity is determined by the number of reactions received on the post; comments are not counted. You can view the current rankings by selecting **Sort > Most Popular** on the Social Feed.

15. Can I edit or delete my post/comment?

Yes. You can edit or delete your own posts and comments at any time.

OTHERS

16. How do I report a bug or give feedback?

Scroll to the bottom of the webpage and fill up the **Report a Bug** form to describe the issues you encounter or submit your feedback. All forms go towards the admin portal, and an admin OIC will tend to your matter within 3 days.

17. Who administers the Run-Walk App?

The Run-Walk App is developed and administered in-house by OneEDB Sports and Well-being Subcommittee, with the aid of vibe-coding tools.