

### STEP 1

Download the Nike Run Club App on iPhone or Android

### STEP 2

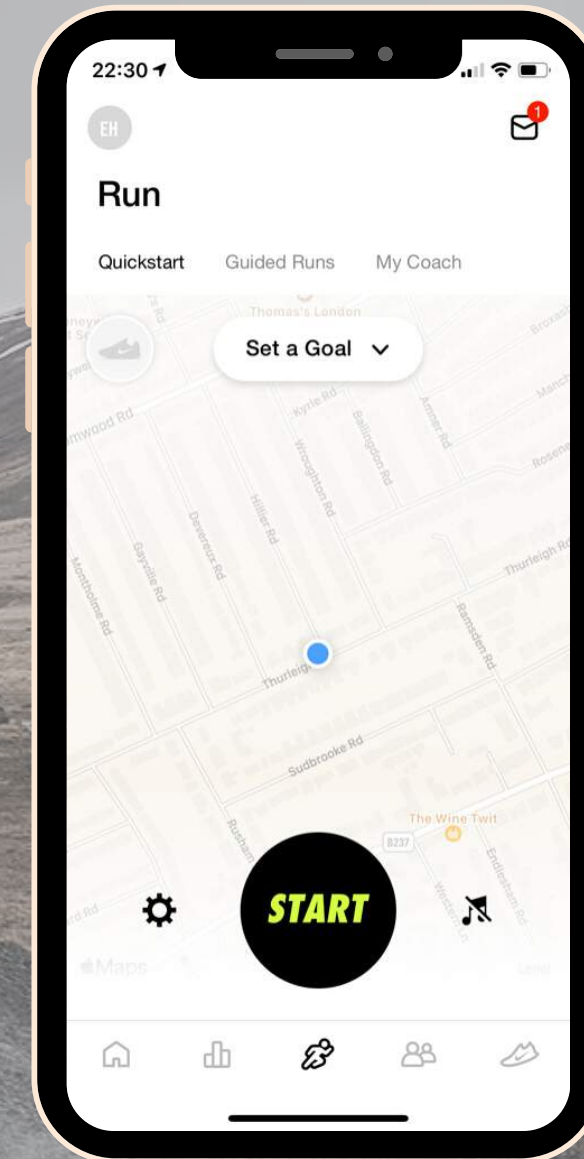
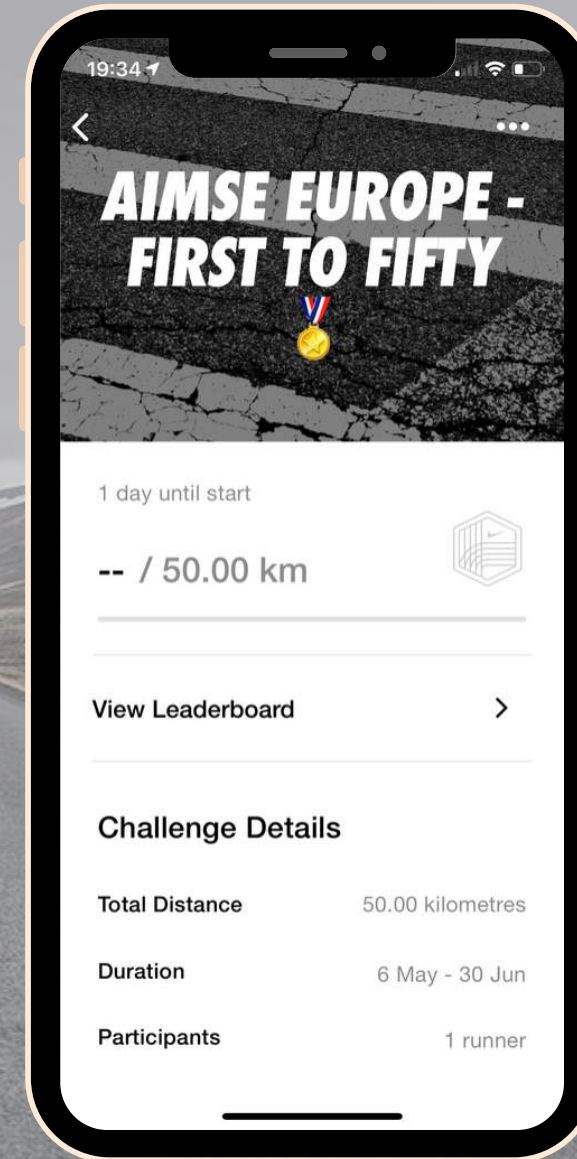
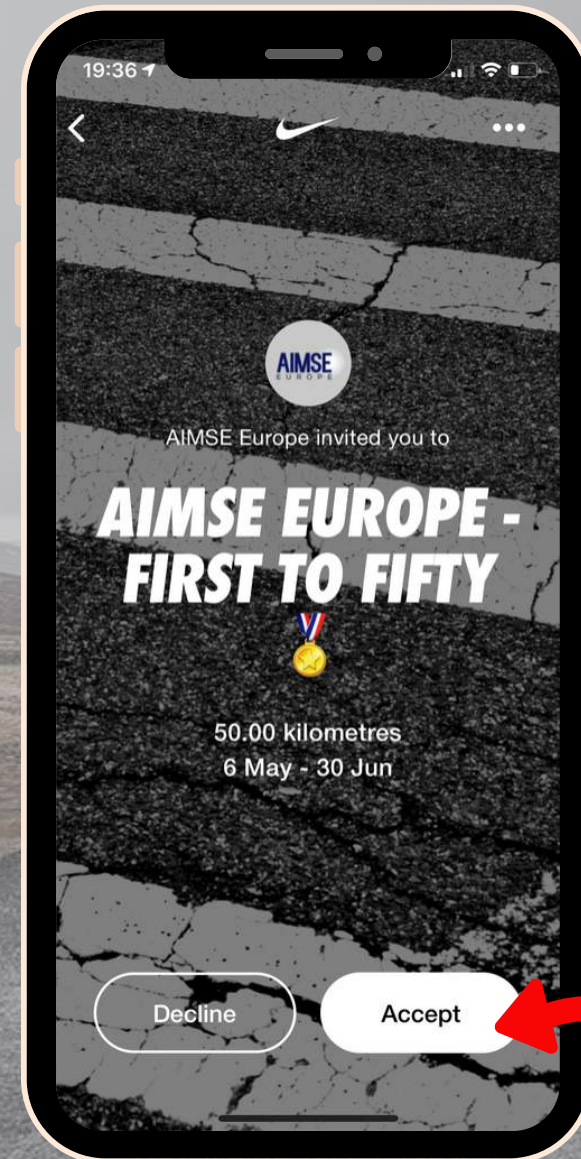
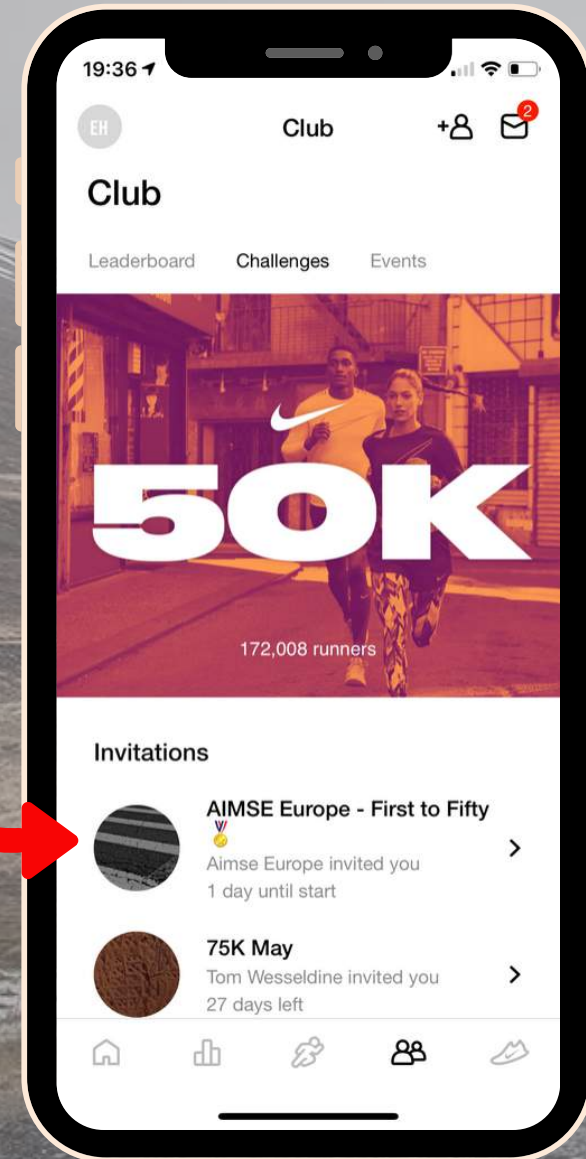
Click on the 'Friends' tab on the bottom row and then search in the top right

### STEP 3

Search for Aimse Europe

### STEP 4

Add Aimse Europe as a friend. This will let us invite you to the challenge!



**STEP 5**

Aimse will then invite you to the challenge! Keep your eyes on here

**STEP 6**

Accept the challenge!

**STEP 7**

You can now see the leaderboard as well as how you are performing!

**STEP 8**

Before each run simply press *START* and your distance will automatically get added to the leaderboard!

Follow our Twitter and LinkedIn pages for updates on all things AIMSE



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If you have any questions please do not hesitate to get in touch with Emily Hitch [emily.hitch@columbiathreadneedle.com](mailto:emily.hitch@columbiathreadneedle.com)