

## Instructions for correct fitting of your Disposable Pro Trainer Tag

Check your timing chip and make sure that it matches your race number.

Our timing chip for running is provided on a self adhesive water proof strap. This timing chip will be supplied with your race number it will be supplied printed with your number. The number should match your race number.



### Step 1 & 2

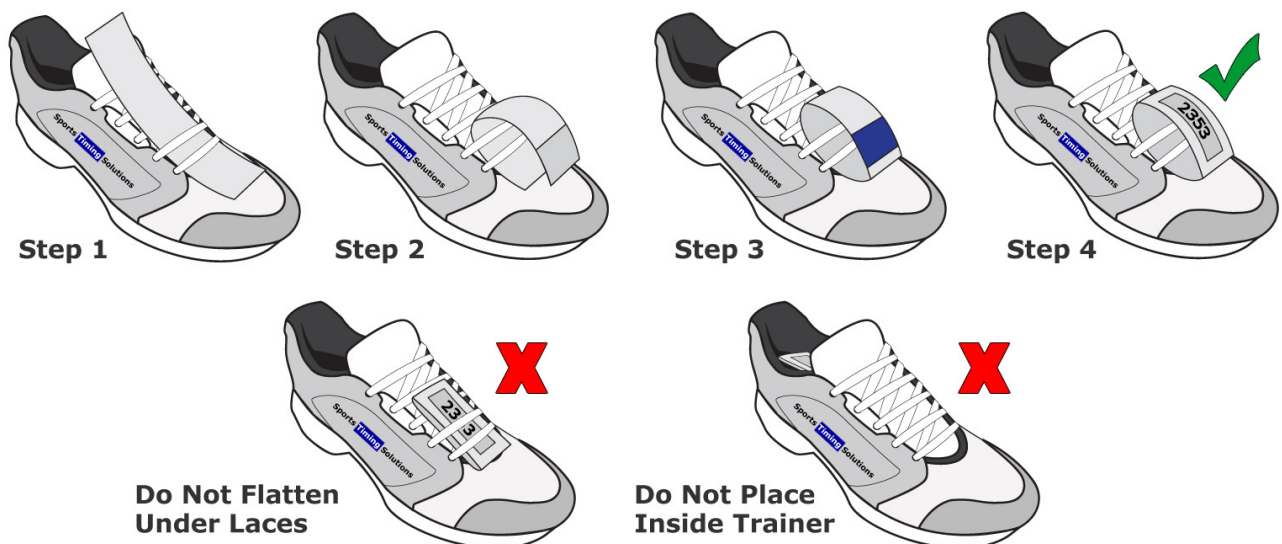
Take the strap and thread through either 1 or 2 laces with the logo and your race number facing outwards as illustrated below.

### Step 3

Peel the 3M sticker of and stick the 2 tabs together using the blue square as a guide, ensuring that you have created a loop.

### Step 4

Rotate the strap so your race number is visible from the front and the **Blue Square** part of the timing chip is against your trainer, the shoe tag should now be attached forming a loop through the shoe lace with the race number facing upwards you can tighten your laces to ensure the tag does not rotate around.



Failure to attach your timing chip correctly could affect your results, please follow the instructions above.