How to log your daily results (workouts)

Steps;

1) Click on the Results Leaderboard button on the website. We also have the link below.

   https://runsignup.com/Race/Results/81779

2) You will see the following screen. Click the "Submit Virtual Results" button.

3) You will see the following screen. Enter your First and Last name then click "Lookup Registration".

4) You will see this screen. Click on "Log Activities".

5) You will then come to this screen where you can enter your daily workouts. Select your activity, the date of your workout, your distance and your time. Then hit submit. Keep in mind if you are doing the Bike/Run Multisport Challenge you will enter your bike info

separately than your run info and you will have both bike and run in the "Activity" dropdown menu.
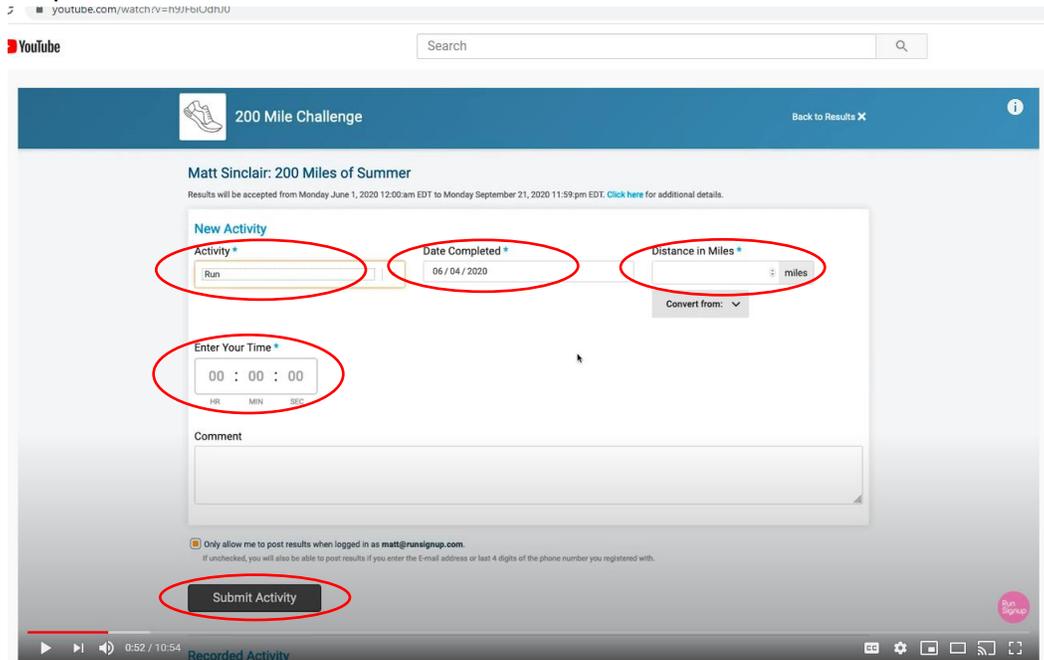
6) Once you enter your information you will get a screen that looks like this. At this point you can click the "Add Another Activity" button to add more workouts. You can then hit the "Back to Results" button once done to see your progress report. If you have an error in your entry you can click the "Manage Activities" button to edit past entries.
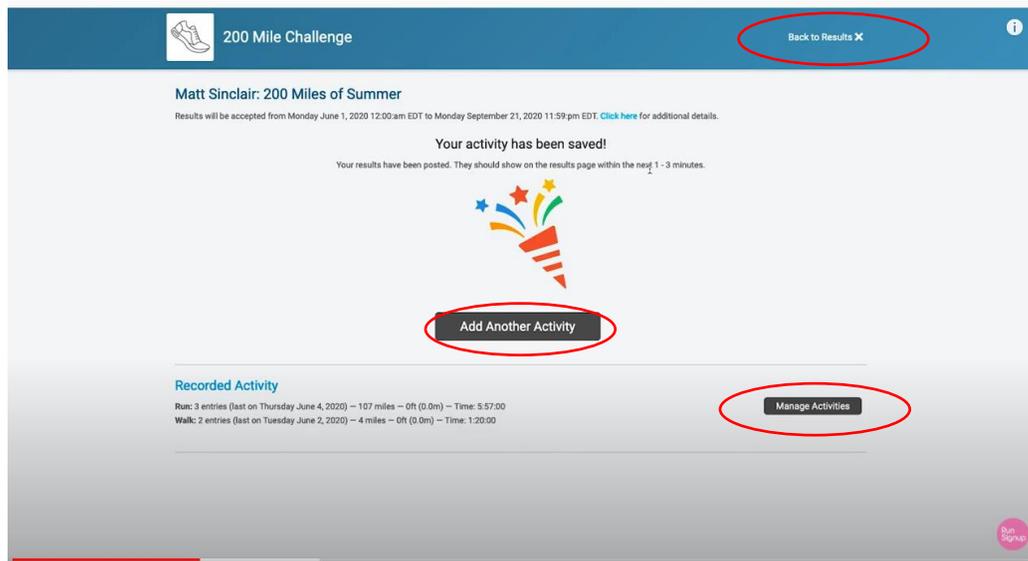
7) Your personal results screen will look like this. You will see your stats, logged workouts, progress bar!

If you have any questions please contact Shannon at Shannon@RacineMultiSports.com.