

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.

Results For Race to Summer Virtu Friederick, MD 21704	ual Challenge	Back to Race Website 🗙
Post Virtual Results! This race has virtual	events. If you completed a virtual event, submit your results her	re: Submit Virtual Results
Questions About Results? Get in touch Individual Results Te	am Results	
Year Result Set 2021 Virtual 5K Search by name, bib number, town, etc	٩ ٣	
⇔ Place ⇔ Bib ⇔ Name ⇔ Gender	⇔ City ⇔ State ⇔ Country ⇔ Clock ⇔ Chip Time ⇔ Pace :	Age Age Percentage () Group/Team Name
< Previous	Page 1 of 1 100 v per page	Next >
	0	
	19	
We use cookies to offer you a better browsing experience. use all cookies.	Reach ow we use cookies and how you can control them by visiting our <mark>Privacy Publicy. If</mark> you co	ortifue to use this site, you consent to

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

RI RI	ACE INFO EVENT INFO SIGN	Sign UP GROUP/TEAMS FIND A PART	Up Donate Donate Donate Donate More V
Race to Summer Vir Sat May 1 - Mon June 21, 20 Frederick, MD 21704 US	tual Challenge		f 🕑 🔘
Participant Lookup Search By Name First Name * Last Name * Lookup Registration	OR	Search By E-mail Address E-mail Address * Date of Birth * mm / da / yyyy Lookup Registration	
If you have registered for this race with an ano	nymous account, you can view your re ace Info roup/Teams esults	jstration(s) by elicking here. Event Info Find A Participant Refund Policy	Sign Up Donate Rooma a Fundation Top Fundations
Powered by RunSignup, © 2021			Privacy Policy Contact This Race

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

	RACE INFO	EVENT INFO SIGN UP	GROUP/TEAMS	Sign Up Find a participant	Donate Donate More	
Race Sat May Frederick, M	e to Summer Virtual (ay 1 - Mon June 21, 2021 MD 21704 US	Challenge			f 💟 🥥	
Find A Bits Substance 1 Look Anonymous	A Participant INT NAME Sample Sample More Details kup Someone Else s users are not shown in this report. registered for this nace with an anonymous ac	EVENT Short Walk Challenge (77 mile count, you can view your regist	s) Log Activities	REGISTRATION DATE	OTHER DETAILS Gender: F Age: S3 City: Friderick, MD US	
*	Race Info Group/Teau Results	ns	Event Info Find A Participant Refund Policy	Sign Up Donate Become a Top Fundri) Fundraliser Sisters	
Powered by R	RunSignup, © 2021				Privacy Policy Contact This Race	

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.

YouTube	Search	٩
200 M	ile Challenge	Back to Results X
Matt Sinclair: 200 Mille Results will be accepted from Monde New Activity Activity * Run Enter Your Time *	200 Miles of Summer from Monday June 1, 2020 12:00 am EDT to Monday September 21, 2020 11:59 pm EDT. 0 Date Completed * 06 / 04 / 2020	lick here for additional details.
 Fill Motif Comment (i) Only allow me to po 	est results when logged in as matigrounigoup, com.	
in uncidebado, you win	vity	panto mu.

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.

200 Mile Challenge	Back to Results X	>	Û
Matt Sinclair: 200 Miles of Summer Results will be accepted from Monday June 1, 2020 12:00 am EDT to Monday September 21, 2020 11:59 pm EDT. Click here for additional details.			
Your activity has been saved!			
Your results have been posted. They should show on the results page within the neg 1 - 3 minutes.			
Recorded Activity Run: 3 entries (last on Thursday June 4, 2020) - 107 miles - 0ft (0,0m) - Time: 5:57:00 Walk 2 entries (last on Tuesday June 2, 2020) - 4 miles - 0ft (0,0m) - Time: 120:00	Manage Activities	>	
			Run Signup

7) Your personal results screen will look like this. You will see your stats, logged workouts, progress bar!

Actiniona, VA OS 23220 V Directions		2	
200 Miles of Summer	y name or bib number	× Č	
Matt Sinclair 200 Miles of Summer Male: Age 20: Gien Allen, VA		x 1001 © Certificate	
111 of 200 miles	200	Progress 55.5%	
DISTANCE IN MILES	GUN TIME	PACE	
111	7:17:00	3:56	
	OVERALL		
	1 of 1		
Activities		R Log Activities	
June 4, 2020		<i>7</i> •	

If you have any questions please contact Shannon at <u>Shannon@RacineMultiSports.com</u>.