



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/93055/>

- 2) You will see the following screen. Click the “Submit Virtual Results” button.

Virtual Run and/or Bike Across Maryland
Mon June 22 - Mon September 14, 2020

Post Virtual Results
This virtual race has virtual events. If you completed a virtual event, submit your results here.

Submit Virtual Results

Results
Questions about Results? Get in touch!

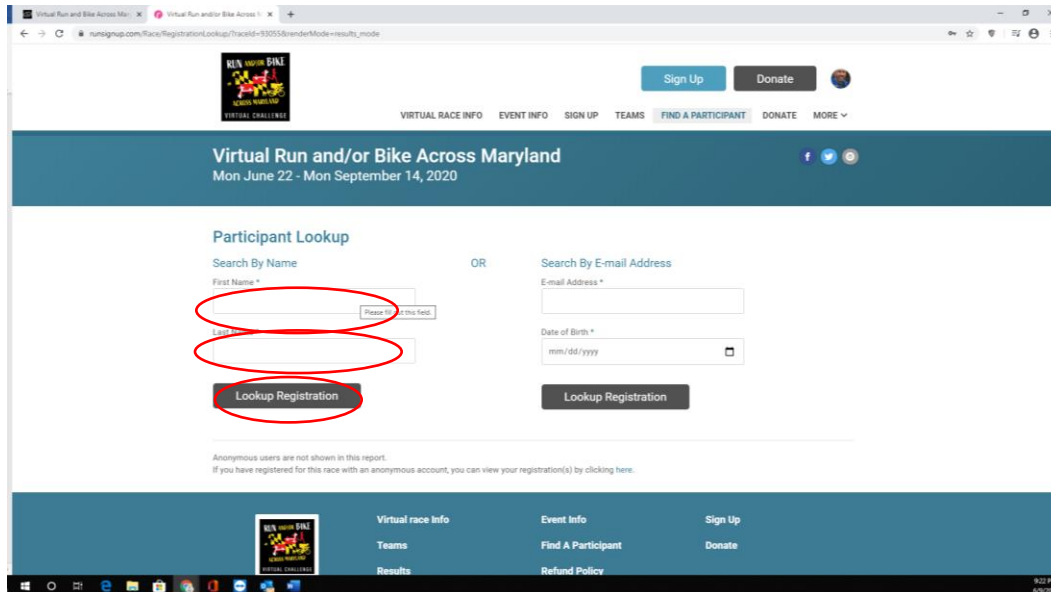
Year: 2020
Result Set: Virtual FULL RUN C

Search by name, bib number, town, etc...

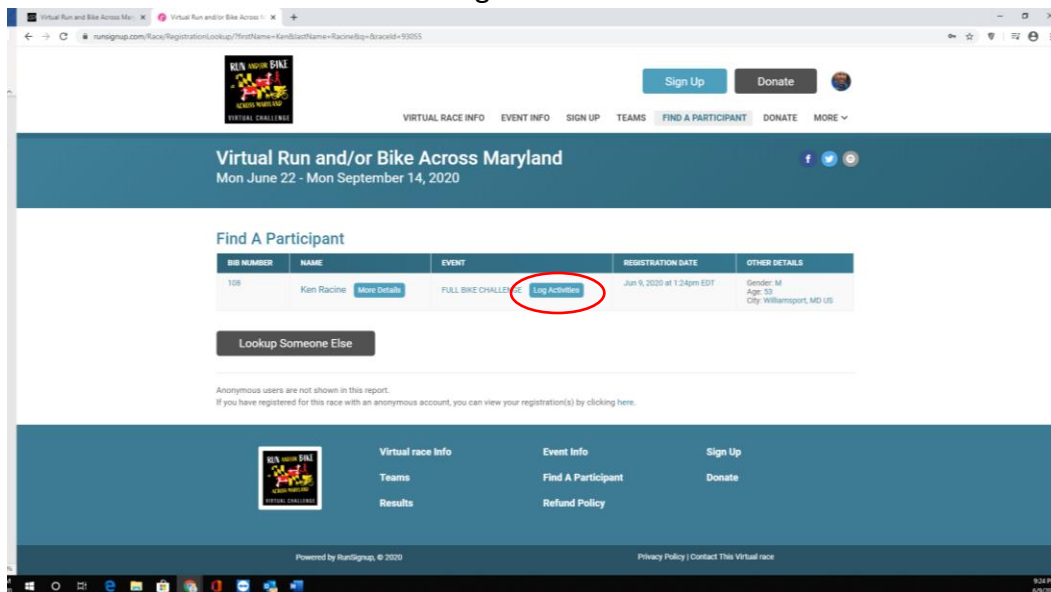
There are no results matching your search in the following event: FULL RUN CHALLENGE.

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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.

The screenshot shows the 'New Activity' form in the 200 Mile Challenge app. The form is titled 'New Activity' and includes the following fields:

- Activity ***: A dropdown menu with 'Run' selected.
- Date Completed ***: A date picker showing '06/04/2020'.
- Distance in Miles ***: A text input field with a unit dropdown set to 'miles'.
- Enter Your Time ***: A time picker showing '00 : 00 : 00'.
- Comment**: A text area for entering a comment.
- Submit Activity**: A button at the bottom of the form.

Below the form, there is a checkbox for 'Only allow me to post results when logged in as matt@runsignup.com'. A video player at the bottom shows a 'Recorded Activity' with a progress bar at 0:52 / 10:54.

- 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.

The screenshot shows the confirmation screen after submitting an activity. The screen is titled 'Your activity has been saved!' and includes the following elements:

- Success Message**: 'Your activity has been saved!' followed by 'Your results have been posted. They should show on the results page within the next 1 - 3 minutes.'
- Confetti Icon**: A colorful confetti icon.
- Add Another Activity**: A button to add more workouts.
- Back to Results**: A button to view the progress report.
- Manage Activities**: A button to edit past entries.
- Recorded Activity**: A section showing the user's activity history:
 - 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: 1:20:00

- 7) Your personal results screen will look like this. You will see your stats, logged workouts, progress bar and the point on the course that you have covered!

The screenshot displays the personal results page for the 200 Mile Challenge. At the top, it identifies the challenge as '200 Mile Challenge' running from 'Sat June 20 - Mon September 21, 2020' in 'Richmond, VA US 23220'. The user's profile shows 'Matt Sinclair', a 200 Miles of Summer participant, male, age 20, from Glen Allen, VA, with a bib number of 1001. A progress bar indicates 111 of 200 miles completed, resulting in 55.5% progress. Summary statistics are provided in a table:

DISTANCE IN MILES	GUN TIME	PACE
111	7:17:00	3:56

Below the summary, the 'Activities' section lists three workouts:

- June 4, 2020: Run: 3 miles, 21:00, Morning run!
- June 3, 2020: Run: 4 miles, 32:00, hot hot hot
- June 2, 2020: Walk: 2 miles, 40:00, Lunch walk

A map at the bottom shows the challenge route across the Mid-Atlantic region, including parts of Virginia, West Virginia, Maryland, Delaware, and New Jersey. The user's current location is marked on the map.

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