



How to log your daily results (workouts)

Steps;

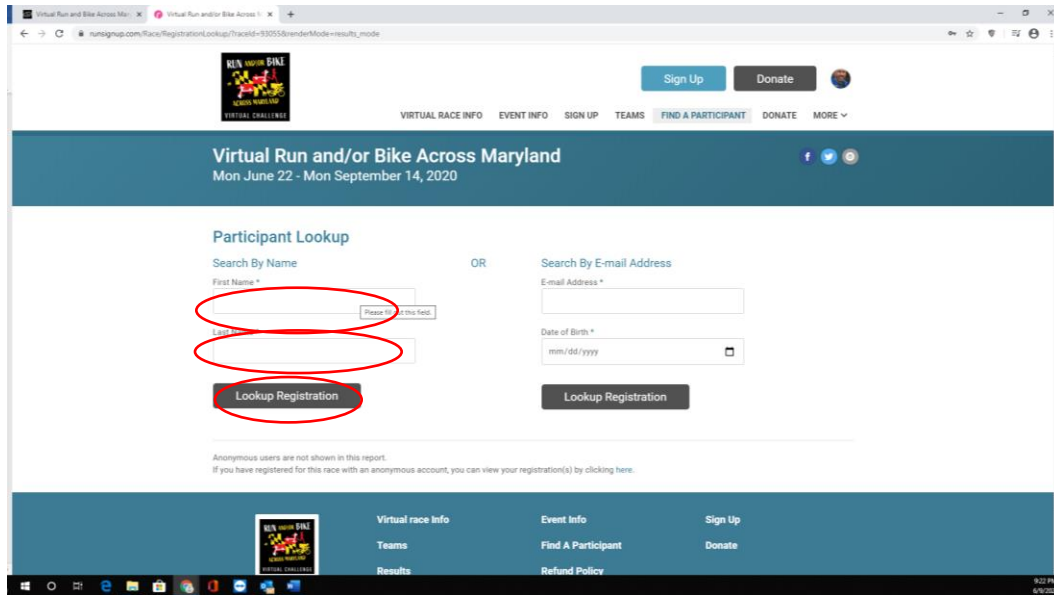
- 1) Click on the Results Leaderboard button on the website. We also have the link below.

<https://runsignup.com/Race/Results/104013>

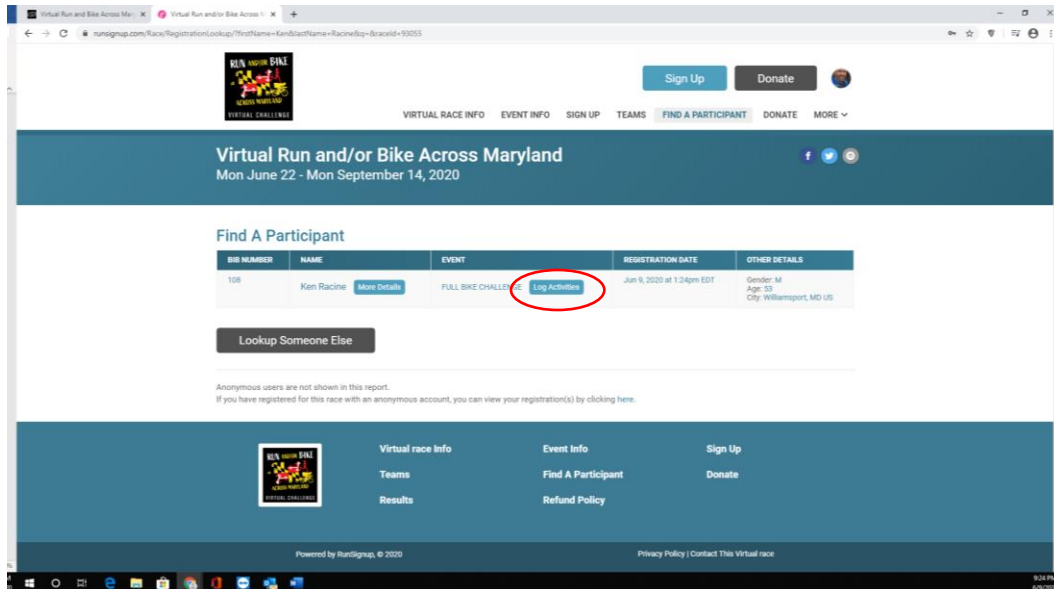
- 2) You will see the following screen. Click the “Submit Virtual Results” button.

A screenshot of a web browser displaying the RunSignup website. The browser's address bar shows the URL: https://runsignup.com/Race/Results/104013. The website header includes a 'Sign Up' button and a 'Donate' button. Below the header, there is a navigation menu with options: VIRTUAL RACE INFO, EVENT INFO, SIGN UP, TEAMS, FIND A PARTICIPANT, DONATE, and MORE. The main content area features a dark blue banner for 'Virtual Run and/or Bike Across Maryland' with the dates 'Mon June 22 - Mon September 14, 2020'. Below this banner, there is a white box titled 'Post Virtual Results' with a red circle around the 'Submit Virtual Results' button. The text in the box says: 'This virtual race has virtual events. If you completed a virtual event, submit your results here.' Below the 'Post Virtual Results' box, there is a 'Results' section with a search bar and a table of results. The search bar contains the text 'Search by name, bib number, town, etc...'. The table has columns for Year, Result Set, Place, Bib, Name, Gender, City, State, Country, Clock Time, Chip Time, Distance in Miles, Progress, Pace, Age, Age Percentage, and Team Name. The table is currently empty, and a message at the bottom of the table says: 'There are no results matching your search in the following event: FULL RUN CHALLENGE.' The browser's taskbar at the bottom shows the time as 9:20 PM on 6/9/2020.

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 field showing '06/04/2020'.
- Distance in Miles ***: A text input field with a unit dropdown set to 'miles'.
- Enter Your Time ***: A time input field showing '00 : 00 : 00' with labels for HR, MIN, and SEC.
- Comment**: A text area for entering a comment.
- Submit Activity**: A button at the bottom of the form.

Below the form, there is a note: 'Only allow me to post results when logged in as matt@runsignup.com. If unchecked, you will also be able to post results if you enter the E-mail address or last 4 digits of the phone number you registered with.'

- 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! 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.

Below the confirmation message, there is a section titled 'Recorded Activity' with the following data:

- 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!

The screenshot displays a personal results page for the '200 Miles of Summer' challenge. At the top, the challenge name and dates (Sat June 20 - Mon September 21, 2020) are shown, along with the location (Richmond, VA US 23220) and a 'Directions' link. Below this is a search bar for the challenge and a search field for the user's name or bib number. The user's profile is identified as Matt Sinclair, a 20-year-old male from Glen Allen, VA, with a 'TESTING' status. A progress bar indicates that 111 of 200 miles have been completed, resulting in a 55.5% progress rate. A 'Certificate' link is also visible. A table of statistics shows a distance of 111 miles, a gun time of 7:17:00, and a pace of 3:56. The overall status is '1 of 1'. An 'Activities' section at the bottom shows a run on June 4, 2020, for 3 miles in 21:00, labeled as a 'Morning run'. A 'Log Activities' button is present next to the activities list. A 'Run Signup' button is located in the bottom right corner.

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

OVERALL
1 of 1

Activities
June 4, 2020 Run: 3 miles 21:00 Morning run

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