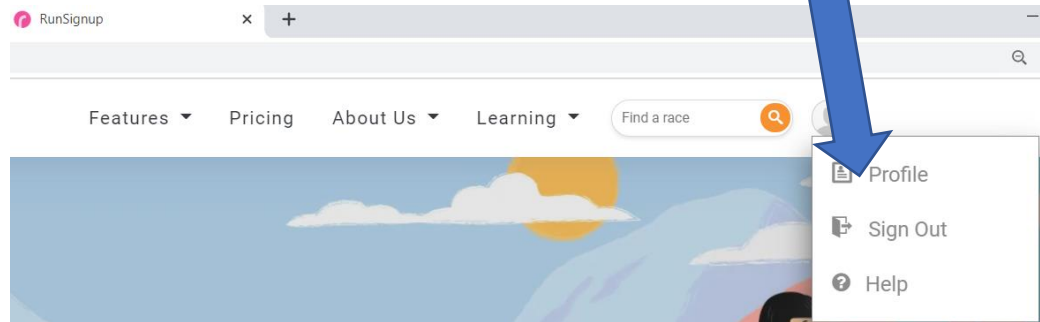
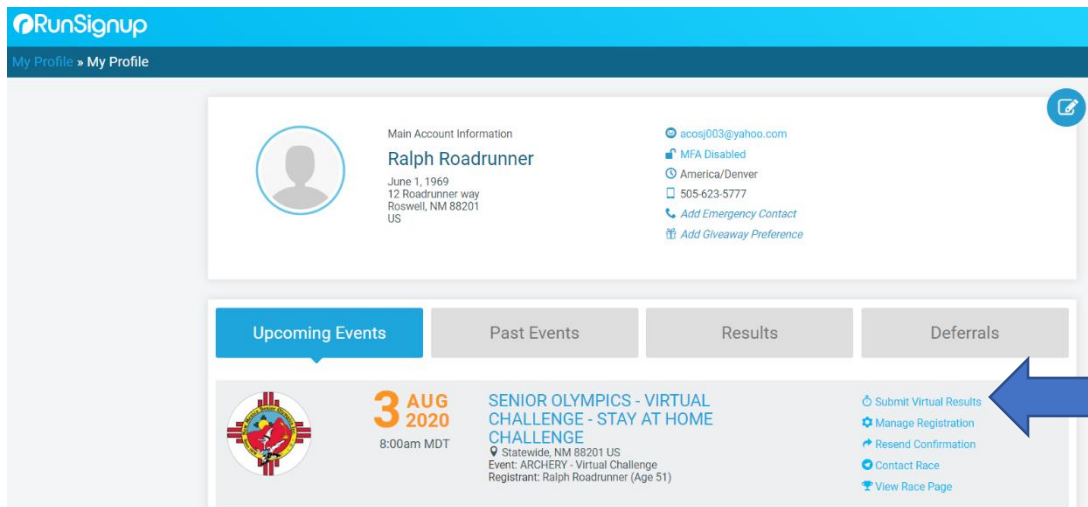


# HOW TO ENTER IN YOUR RESULTS ONLINE

STEP 1: CLICK ON THE **PROFILE ICON** ON THE TOP RIGHT OF YOUR SCREEN WHILE IN RUNSIGNUP.COM



STEP 2: UNDER “UPCOMING EVENTS”, YOU WILL SEE YOUR CHALLENGE AND A “SUBMIT VIRTUAL RESULTS” LINK.



STEP 3: Enter in your time in the box (pictured below) and leave us a comment about your time and/or challenge, then click “Submit Your Time”.

A screenshot of the 'New Activity' form. It includes a 'Date Completed' field with the value '08/06/2020'. The 'Enter Your Time' field is a digital clock showing '00 : 00 : 00' with labels for 'HR', 'MIN', and 'SEC'. A blue arrow points to this time input field. Below the time field is a 'Comment' text area. At the bottom of the form is a '+ Add Another Activity' button and a checkbox for posting results when logged in. A 'Submit Your Time' button is located at the very bottom.