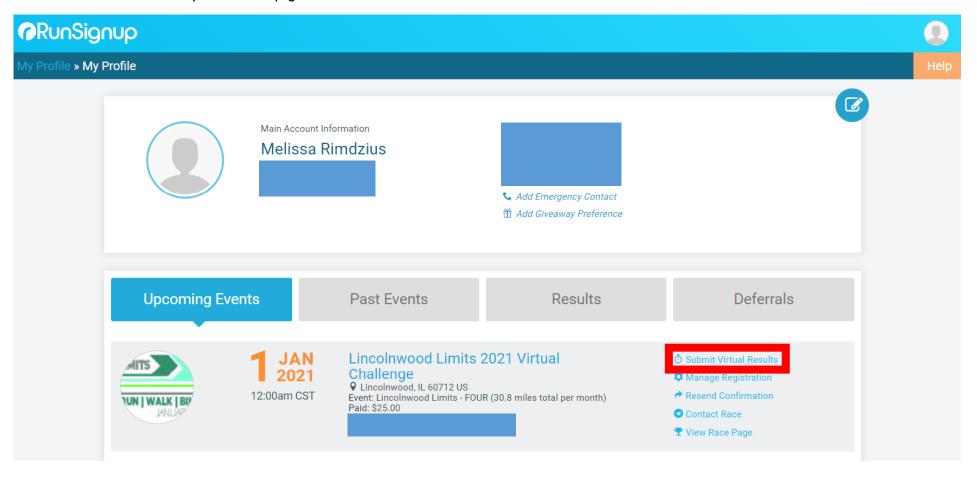
Lincolnwood Limits 2021 – Challenge Instructions

How to Submit & View Results:

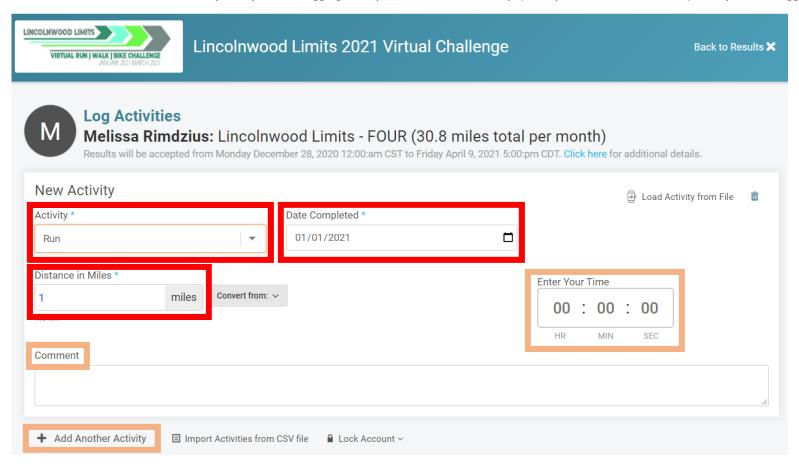
Step 1: Log-In

- Log into RunSignup.com using the information you entered when registering for the race
- Click "My Profile" in the upper right corner
- Find Lincolnwood Limits under "Upcoming Events"
- Click on Submit Virtual Results (red box in image)
 - This will take you to a new page



Step 2: Log Activity

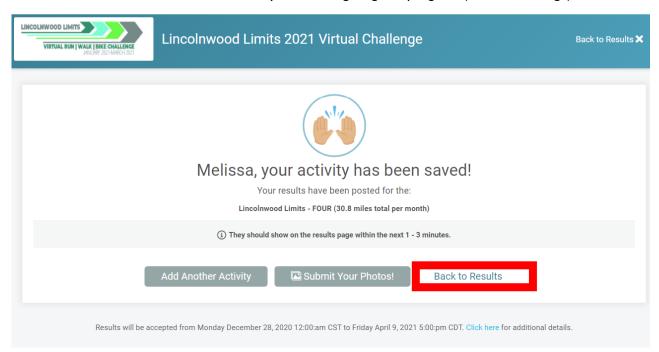
- Required Items (red boxes in image)
 - O Select your activity from the drop down menu run, walk, ride, run/walk blend, elliptical, or other
 - Enter the date completed
 - Enter the distance in miles
- Optional Items (orange boxes in image)
 - Enter your time, if desired
 - o Add comments about the specific workout, if desired
 - o Click on the "+" sign under the activity log box to add another activity
 - This is helpful if you are logging multiple activities in one day (example: bike ride and walk) or if you are logging multiple days of activities



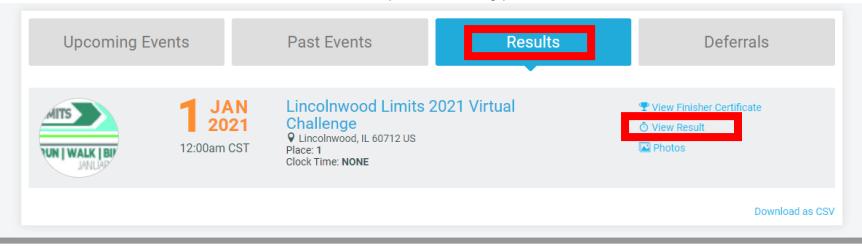
- Click on "Submit Results" below the activity log
 - o This will take you to a confirmation page that states your activity has been saved

Step 3: View Activity Log & Progress

- After submitting results you will be taken to a confirmation page (pictured below)
- Click on "Back to Results" to view your challenge log and progress (red box in image)



- Side Note: You can also view your activity log and progress from your main RunSignup profile page!
 - o To do this, click on the "Results" tab, then click on "View Result" (red boxes in image)



Participant Page. Fri January 1 - Wed March 31, 2021 Lincolnwood, IL 60712 US All participant pages will be available to view beginning Lincolnwood Limits - FOUR (30.8 miles total p | v Add and compare participants January 1, 2021. Melissa Rimdzius Photos Certificate Lincolnwood Limits - FOUR Click here to log activities Log Activities (30.8 miles total per month) Overall Progress View your overall activity tally, 3.2% 1 of 1 activity totals by type, and overall progress in your three-month goal. The website assigns everyone a Questions About Results? "place" in the challenge. While fun to see everyone's progress, please Run (miles) Walk (miles) Ride (miles) Run/walk Bland (miles) Elliptical (miles) Other (miles) 0 know this event is not about being first place – it is all about your personal journey to accomplishing Run (miles): Walk (miles): Ride (miles): Run/walk Blend (miles): Elliptical (miles): Other (miles): 0 0 0 your personal distance goal. Click here to view earned badges Trophy Case Overall Progress 3.2% 1 of 30.8 miles View your progress toward your overall three-month distance goal 0 30.8 on the left, on the right you can scroll through your earned badges. Activities Log Activities January 1, 2021 View all of your past activities in this 3 Ė Run: 1 miles: section

Example of a Challenge

Lincolnwood Limits 2021 Virtual Challenge

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