



2023 VIRTUAL FIX A LEAK FAMILY 5K RACE PACKET

RACE INFORMATION:

The Fix a Leak Family 5K is a family-friendly annual race for City of Charlottesville and Albemarle County residents that brings awareness and attention to our rivers as a means of recreation and conservation.

Information on tackling water leaks in your home, as well as general water conservation tips, resources, and rebates, are included in this race packet as part of the water conservation efforts of the City of Charlottesville, Albemarle County Service Authority, and Rivanna Water and Sewer Authority for Fix a Leak campaign.

This race is FREE and VIRTUAL, so you can do it on your own from **March 1st through March 31st**. Included in this packet are some suggested routes from previous Fix a Leak Family 5K Races. When you register and submit your time for this 5K, you will be entered to win one of several special water conservation prizes if you are a City of Charlottesville or Albemarle County resident.

Keep in mind we also have the Home Scavenger Hunt, check out the [scavenger hunt worksheet](#) as part of our race packet to help you FIX A LEAK!

REGISTRATION:

Registration for the Fix a Leak Family 5K will be open from March 1st through March 31st (11:59pm ET) and to register go to: <https://runsignup.com/Race/VA/Charlottesville/VirtualFixaLeak5K>

COST:

This race is **FREE** and targeted for the City of Charlottesville and Albemarle County community. Because this race is free, all materials for this race will be distributed digitally.

PRIZES:

Top 5K finishers will receive a \$50 gift card to a local running shop. We will also select a lucky winner from all the 5K participants to win a \$50 gift card to a local gardening business. You must register, submit your time, and live in the City of Charlottesville or Albemarle County to be eligible for a prize.

RULES:

Please follow Virginia state rules for COVID-19 and if you are running in a City and County park, follow their specific rules as well. Only those that live in the City of Charlottesville and Albemarle County will have their results count toward our race and be entered to win a prize.

- [Albemarle County COVID-19 Modifications website \(Link\)](#)
- [City of Charlottesville COVID-19 website \(Link\)](#)
- [Virginia State COVID-19 Updates \(Link\)](#)

RACE ROUTES:

There is no official 5K race route. We have included three 5K race courses from our previous Fix a Leak Family 5Ks. These race courses will NOT be marked and the mile marker points on the maps are approximate. All the suggested 5K routes will take you along the Rivanna River!

SUBMIT YOUR RESULTS:

You can submit your 5K race results anytime during the event (**Deadline to submit results: March 31st at 11:59pm ET**). You are not required to submit your results; however, if you do submit your results, you will be entered to win special prizes. Once you register for the 5K, you will be able to submit your results online through the registration site. Only participants from the City of Charlottesville and Albemarle County will have their race results approved and are eligible for the special drawing and listed as a top finisher for the race.

[Check out these directions on how to submit your virtual 5K results \(LINK\)](#)

SUBMIT YOUR PHOTOS:

Participants from the City of Charlottesville and Albemarle County are encouraged to submit photos participating in our Virtual Fix a Leak Family 5K. You can post them directly to our [race website](#), the [Facebook Event Page](#), or email them the event coordinator. We will be showcasing some of our favorites on social media and website.

FIX A LEAK EVENTS

Keep in mind we have another Fix a Leak event happening this March, the Home Scavenger Hunt, check out the scavenger hunt worksheet sheet as part of the race packet to help you FIX A LEAK! For full details on Fix a Leak Events go to: Charlottesville.gov/FixALeak.

[Home Scavenger Hunt Worksheet \(PDF\)](#)

Put on your detective hat and help us find and fix leaks in your home by going on your own home scavenger hunt! Complete the worksheet (front and back if you are using the PDF) and submit your answers by March 31st to be entered to win special PRIZES!

[Fix a Leak Week \(March 20th – 26th\)](#): Fix a Leak Week is a national campaign around the importance of fixing leaks. Check out our social media channels and keep an eye on the media for increased communication and tips around finding and fixing leaks in your home this week.

MATERIALS INCLUDED IN THIS YOUR PACKET:

- [Past Fix a Leak Family 5K Routes \(PDF\)](#)
- [Fix a Leak Month Home Scavenger Hunt \(PDF\)](#)
- [Fix a Leak 10 Minute Challenge Checklist \(PDF\)](#)
 - Click here to view the [Fix a Leak 10 Minute Challenge Checklist in Spanish \(PDF\)](#)
- [City of Charlottesville and Albemarle County Service Authority Water Rebates & Incentives \(PDF\)](#)
- [How Do I Submit Virtual Results \(LINK\)](#)

IMPORTANT LINKS:

- **Fix a Leak Main Website:** [Charlottesville.gov/FixALeak](https://charlottesville.gov/FixALeak)
- **5K Registration Website:** <https://runsSignup.com/Race/VA/Charlottesville/VirtualFixaLeak5K>
- **Rivanna RiverFest:** <https://www.rivannariver.org/rivanna-riverfest/>
- **Fix a Leak Month Facebook Event:** <https://fb.me/e/zbcuEUE>

QUESTIONS:

Please email the Fix a Leak Month Coordinator at: waterconservation@charlottesville.gov.

Thank You for helping us STOP THE RUNNING TOILET!



FIX A LEAK FAMILY 5K

2020 RACE COURSE- START AT FREE BRIDGE



Note : Race distance and distance markers are approximate.

Keep an eye out for the River Scavenger Hunt Information Signs along the Rivanna before you finish your 2nd mile!



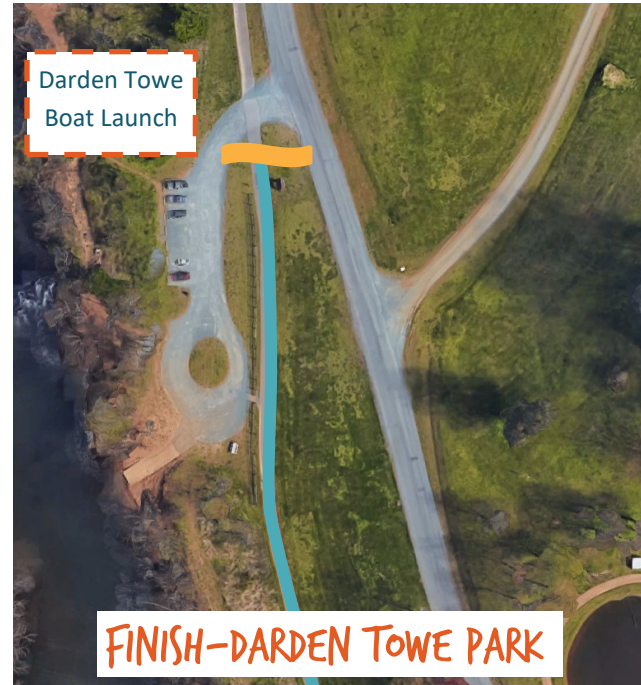
(CHASE THOSE LEAKS AWAY!)

WWW.CHARLOTTESVILLE.ORG/FIXALEAK

FIX A LEAK FAMILY 5K

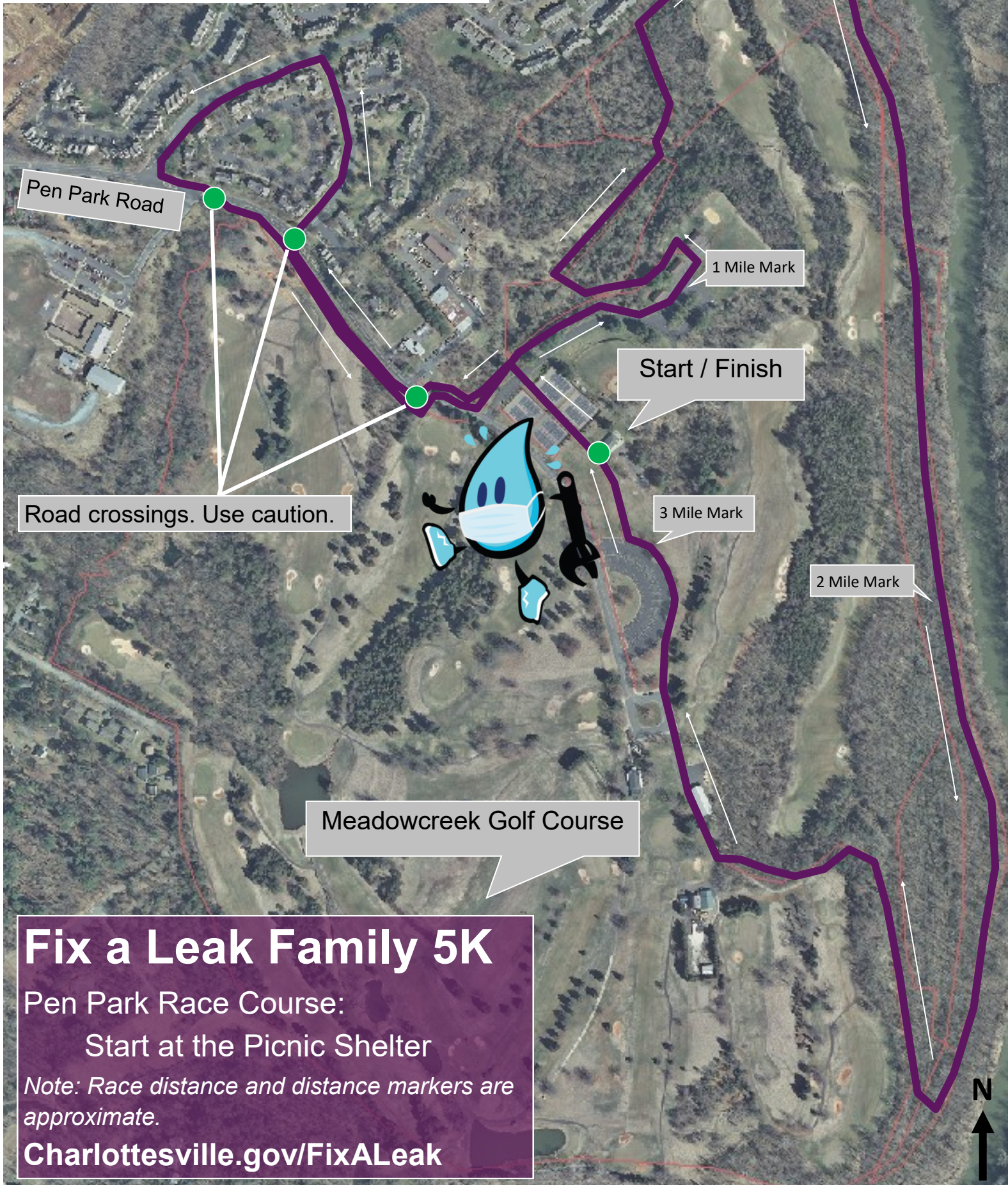
2019 RACE COURSE- RIVERVIEW TO DARDEN TOWE PARK

*Note: Race distance and distance markers are approximate.
Keep an eye out for River Scavenger Hunt Information Signs along
the Rivanna River near Riverview and Darden Towe Park.*



(CHASE THOSE LEAKS AWAY!)

WWW.CHARLOTTESVILLE.ORG/FIXALEAK





FIX A LEAK HOME SCAVENGER HUNT

Did you know that easy-to-fix water leaks account for nearly 1 trillion gallons of water wasted each year in U.S. homes? Put on your detective hat and help us find and fix leaks in your home by going on your own home scavenger hunt.

Complete this worksheet (**FRONT AND BACK**) and submit your answers by **MARCH 31ST** to be entered to win special **PRIZES!**

NAME: _____

EMAIL: _____

PHONE NUMBER: _____

WHERE DO YOU LIVE: CITY OF CHARLOTTESVILLE ALBEMARLE COUNTY

DID YOU FIND AND FIX A WATER LEAK WITH THE HELP OF THE CHECKLIST FOR CHASING DOWN LEAKS? YES / NO

Submit your responses by **MARCH 31st**:

- Online: Charlottesville.gov/FixALeak
- By Mail: 305 4th Street NW, Charlottesville, VA 22903
- By Drop Box: Include with your utility bill to the City or ACSA



Virtual Fix a Leak Family 5K



Once you have done your home scavenger hunt, get outside and enjoy your favorite green space (bonus if it is by the river) by participating in our Virtual Fix a Leak Family 5K! Help us stop that running toilet; registration is **FREE** and you have until March 31st to participate and submit your results to be eligible for special prizes:

Charlottesville.gov/FixALeak.

Fix a Leak Prizes

- For each Fix a Leak Event you participate in, you will be entered to win a \$50 gift card from a local gardening business.
- Top 5K finishers will receive a \$50 gift card to a local running shop.

Check your Utility Bill

Get to know your utility bill to help identify a potential water leak. Check out your water usage from January or February as a good gauge of a “typical” month of water usage for your home.

Also look for a huge increase in water usage compared to your previous month’s usage. (An average customer in Charlottesville uses about 400 cubic feet or 3,000 gallons of water per month).

If you do not receive a water bill or do not have access to this information, you can still get an estimation on your water usage by using the Home Water Works Calculator (home-water-works.org).

Charlottesville.gov/FixALeak



FIX A LEAK HOME SCAVENGER HUNT



Some leaks require a simple fix- a worn toilet flapper, loose pipe connection, or showerhead with stray spray. But you may want to consult a licensed plumber to stop your running toilet, broken sprinkler, water heater drips, or malfunctioning water supply lines.

Who is the water wholesaler that **CLEANS** and **TREATS** the drinking water for the City of Charlottesville and Albemarle County Service Authority (ACSA)? _____

(hint: rivanna.org)

In the Bathroom

- Is your bathroom faucet dripping?
- Is your showerhead dripping?
- Take the Toilet Test! Is your toilet running?



YES / NO

YES / NO

YES / NO

In the Kitchen

- Is your kitchen faucet dripping?
- Is your dishwasher not full when you run it (full dishwasher is the most water efficient!)
- Do your appliances (dishwasher and refrigerators with ice makers) have pooling water?

YES / NO

YES / NO

YES / NO

In the Laundry Room and Basement

- Is your washing machine not full when you run it (full loads are the most water efficient!)
- Do your appliances (clothes washer and water heater) have pooling water?

YES / NO

YES / NO

Outside

- Is your hose bib and spigot dripping?
- Is your sprinkler system (if you have one) leaking or broken?

YES / NO

YES / NO

Water Saving Reminders

- If your fixtures need replacing, remember to look for the **WaterSense label** when purchasing plumbing products. You can pick up WaterSense labeled faucet aerators and showerheads in the **FREE water conservation kits** from your water utility.
- If your toilet is running, consider replacing it with a new WaterSense labeled toilet and check out the City of Charlottesville and ACSA **\$100 toilet rebate!**
- Skip watering when it rains and catch that rain with a rain barrel to use later. Check out the City of Charlottesville and ACSA **\$30 rain barrel rebate!**



If you want more help walking through your home looking for leaks, check out the Arizona Municipal Water Users Association Smart Home Water Guide: **smarthomewatguide.org**. Also, City of Charlottesville residents can request a Practical Plumbing Handbook!

Take the WaterSense Challenge



DETECT AND CHASE DOWN LEAKS



Did You Know

that easy-to-fix water leaks account for nearly 1 trillion gallons of water wasted each year in U.S. homes? In fact, the average household leaks nearly 10,000 gallons of water per year, or the amount of water it takes to wash 300 loads of laundry, and could be costing you an extra 10 percent on your water bills.

In just 10 minutes, you can search your home for leaks and crack down on water waste. Many common household leaks are quick to find and easy to fix. Worn toilet flappers, dripping faucets, and leaking showerheads all are easily correctable and can save on your utility bill expenses and water in your community.

So put on your detective hat, lace up your running shoes, and take this 10-minute challenge to detect and chase down leaks!

<https://www.epa.gov/watersense/fix-leak-week>

Check out **Fix a Leak** information in Cville:
www.charlottesville.gov/FixALeak



Start by Gathering Clues

These clues can help you detect leaks before you even start investigating your home.

1

Check Your Utility Bill

A place to start is to examine your utility bill for January or February. It's likely that a family of four has a serious leak problem if its winter water use exceeds 12,000 gallons (or 16 CCF) per month. You can also look for spikes—is your water use a lot higher this month than it was last month? Learn more about your water bill:

www.epa.gov/watersense/understanding-your-water-bill.

City of Charlottesville: www.charlottesville.gov/610/My-Account

ACSA: www.serviceauthority.org/pay-my-bill

2

Read Your Water Meter

Find your water meter, which is usually near the curb in front of your home but can be inside your home (e.g., in the basement) in cold climates. Use a screwdriver to remove the lid on your meter, which is heavy and usually marked "water."

Now that you've found the meter, take a reading during a period when no water is being used. If the meter does not read exactly the same after two hours, you probably have a leak. Here's a tip on how to read a water meter:

www.smarthomewaterguide.org/how-to-read-your-water-meter.

City: www.charlottesville.gov/649/Service-Ownership

ACSA: www.serviceauthority.org/wheres-my-meter

3

Take a Toilet Test

Put a few drops of food coloring into the tank at the back of your toilet and let it sit for 10 minutes. If color shows up in the bowl, you have a leak. Make sure to flush afterward to avoid staining, and consider replacing your old toilet flapper if it is torn or worn. Check our Fix a Leak web page for handy videos that show you how to do it.

While you're waiting to see if your toilet has a leak, walk around your house with the checklist on the next page and see if you can chase down any other water wasters.

Pick up **FREE** toilet leak detection dye tablets at the City's Utility Billing Office at City Hall or at ACSA.

Checklist for Chasing Down Leaks

Here are some of the places leaks may be hiding in your home.

Some leaks require a simple fix—a worn toilet flapper, loose pipe connection, or showerhead with stray spray. But you may want to consult a licensed plumber to stop your running toilet, broken sprinklers, water heater drips, or malfunctioning water supply lines. Take a quick inventory of clues to water waste:

IN THE BATHROOM

- ☐ Toilets: Listen for running water and conduct the food coloring test described on the first page.
- ☐ Faucets: Listen for drips and turn on the tap to check for water going the wrong direction.
- ☐ Showerheads: Turn on and look for drips or stray sprays that can be stopped with tape.
- ☐ In the tub: Turn on the tub, then divert the water to the shower and see if there's still a lot of water coming from the tub spout; that could mean the tub spout diverter needs replacing.
- ☐ Under the sink: Check for pooling water under pipes and rust around joints and edges.

IN THE KITCHEN

- ☐ Faucet: Listen for drips and tighten aerators or replace fixtures if necessary.
- ☐ Sprayer: Check to make sure water is spraying smoothly and clean openings as needed.
- ☐ Under the sink: Check for pooling water under pipes and rust around joints and edges.
- ☐ Appliances: Check for pooling water underneath dishwashers and refrigerators with ice makers, which could indicate a supply line leak.

The City of Charlottesville & Albemarle County Service Authority offer FREE water conservation kits with water saving fixtures for your bathroom and kitchen.

Charlottesville Resources: www.charlottesville.gov/WCIndoors

IN THE LAUNDRY OR UTILITY ROOM

- ☐ Under the sink: Check for pooling water under pipe connections.
- ☐ Clothes washer: Check for pooling water, which could indicate a supply line leak.

IN THE BASEMENT OR UTILITY ROOM

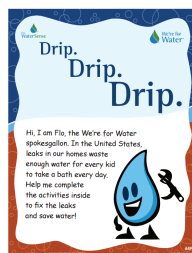
- ☐ Water heater: Check beneath the tank for pooling water, rust, or other signs of leakage.

DON'T FORGET TO GO OUTSIDE

- ☐ At the spigot: Ensure tight connections with the hose and see if the hose washer needs replacing.
- ☐ In-ground irrigation system: Check for broken sprinklers or nozzles spraying in the wrong direction. You may want to consult an irrigation auditor certified by a WaterSense labeled program to improve system efficiency: www.epa.gov/watersense/find-pro.

Charlottesville Resources: www.charlottesville.gov/WCOutside

FOR THE KIDS



Kids aren't just the leaders of tomorrow, they're the dreamers and doers of today. "Test Your WaterSense" and try other fun activities at Flo's Kids Zone at:

www.epa.gov/watersense/watersense-kids.

Charlottesville Resources:

www.charlottesville.gov/WCSchools

THROUGHOUT THE HOUSE

Check for signs of moisture or mold on your walls, ceilings, or floors. This could indicate that a pipe is wreaking havoc behind the scenes and requires the attention of a professional.

If you want to do a more detailed investigation for leaks, check out the Arizona Municipal Water Users Association Smart Home Water Guide at www.smarthomewaterguide.org.

If any of your fixtures needs replacing, remember to look for the WaterSense label when purchasing plumbing products. WaterSense labeled products are independently certified to use at least 20 percent less water and perform as well or better than standard models.

For more information, visit www.epa.gov/watersense/fix-leak-week.

City: www.charlottesville.gov/WaterConservation
ACSA: www.serviceauthority.org

MARK AN X FOR LEAKS



Albemarle County Service Authority
Serving • Conserving

Don't forget the City of Charlottesville & Albemarle County Service Authority offers \$100 toilet rebates when you replace your old toilet with a new WaterSense labeled toilet!



Water Conservation Rebates & Incentives



DID YOU KNOW that residents of the City of Charlottesville and customers of Albemarle County Service Authority have access to **FREE** water saving resources and water conservation rebates!?

FREE Water Conservation Kits



- A WaterSense labeled showerhead,
- WaterSense labeled faucet aerators,
- Toilet leak detection dye tablets,
- And more!
- Pick up at City Hall and ACSA.



\$100 WaterSense Toilet Rebate



- \$100 for replacing each water wasting toilet with a WaterSense labeled toilet (up to 3 toilets).
- Check the City or ACSA website for rebate forms.

\$30 Rain Barrel Rebate



- \$30 for installing a rain barrel (up to 2) for harvesting water for uses like lawn or garden needs.
- Check the City or ACSA website for rebate forms.



City of Charlottesville

Charlottesville.gov/WaterConservation



Albemarle County Service Authority

serviceauthority.org

Charlottesville.Gov/FixALeak

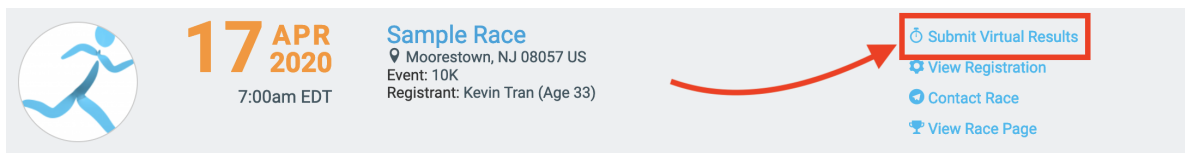
Submit and Manage Virtual Results

Modified on 07 February

QUICK GUIDE TO SUBMIT RESULTS

This page gives details on the various easy methods you can use to submit results, but if you just want to quickly get your results submitted, then here is how:

- 1 - Log into Your RunSignup Account here: runsignup.com/Login
- 2 - Go to Your Profile: runsignup.com/Profile
- 3 - Click **Submit Virtual Results** on the Event for which You have Results



If the virtual race you are participating in has results enabled, you can submit and manage your own results. You can do this directly from the RunSignup Race Page or from your RunSignup profile. During registration, you will be asked to sign up for text messages or email which will allow you to submit your finish time.

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- Submit Results:
 - Method 1: Submit from RunSignup Race Page
 - Method 2: Submit Virtual Results From Your RunSignup Profile
 - Method 3: Submit Via Activity File
 - Method 4: Submit TXT Results
 - Method 5: Submit Email Results
- Manage Virtual Results

Submit Results:

We have a few methods for submitting your results. You can use whichever method works best for you.

Method 1: Submit from RunSignup Race Page

Navigate to the race's **RunSignup race page** > and select the **Result** tab > then select **Submit Virtual Results**

[Register](#)[Donate](#)[RACE INFO](#)[EVENT INFO](#)[PARTICIPANT TRACKING](#)[DONATE](#)[RESULTS](#)[STRAVA](#)[MORE](#)

RunSignup Marathon



Post Virtual Results

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

[Submit Virtual Results](#)

Results

Timing Services provided by Kevin Lai RSU. Questions About Results? [Get in touch!](#)

Year	Result Set	Age Group/Division
2020	Test	All Results



Place	Bib	Name	Gender	City	State	Country	Clock Time	Chip Time	Pace	Age	Division Place	Division
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Next search for your registration either by first and last name or by email address and DOB.

Participant Tracking

Race-Timed Split & Finish Alerts

Receive text or e-mail alerts as participants cross timing equipment along the course. Tracking alerts are based upon the participant's bib/chip and participants do not need to carry their phone. The number of alerts varies per course. Sign up to receive alerts with the Result Notifications buttons below.

To look up a registration that you want to receive results notifications for, enter the name or E-mail address exactly as entered when registering.

Search By Name

First Name *

Last Name *

OR

Search By E-mail Address

E-mail Address *

Date of Birth *

Lookup
Registration

Lookup
Registration

IMPORTANT: If you have your Profile set as **anonymous** (which you can check, as explained [here](#)), then you will not be able to find yourself in this search. You can use the instructions in the following section for *"Submit Virtual Results From Your RunSignup Profile"* in order to submit results while remaining anonymous.

Once you have found your registration select Submit Virtual Results > Enter in your time > then select Submit Results

Participant Tracking

Race-Timed Split & Finish Alerts

Receive text or e-mail alerts as participants cross timing equipment along the course. Tracking alerts are based upon the participant's bib/chip and participants do not need to carry their phone. The number of alerts varies per course. Sign up to receive alerts with the Result Notifications buttons below.

BIB NUMBER	NAME	EVENT	REGISTRATION DATE	OTHER DETAILS	RESULT NOTIFICATIONS
501	John Smith More Details	Virtual 5K Submit Virtual Results	Apr 2, 2020 at 12:51pm EDT	Gender: M Age: 28 City: Moorestown, NJ US	Result Notifications

John Smith: Virtual 5K

Results will be accepted from Tuesday October 22, 2019 12:00:am EDT to Thursday September 10, 2020 11:59:pm EDT. [Click here](#) for additional details.

Enter Your Time *

00 : 00 : 00

HR

MIN

SEC

Distance in Miles

miles

☐ Only allow me to post results when logged in as **kevin.lai@runsignup.com**.

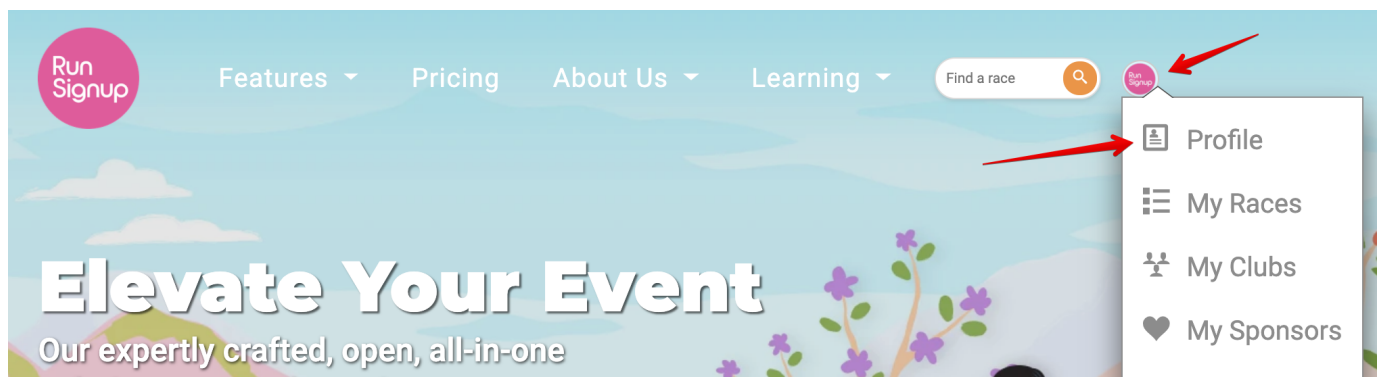
If unchecked, you will also be able to post results if you enter the E-mail address or last 4 digits of the phone number you registered with.

Submit Activity

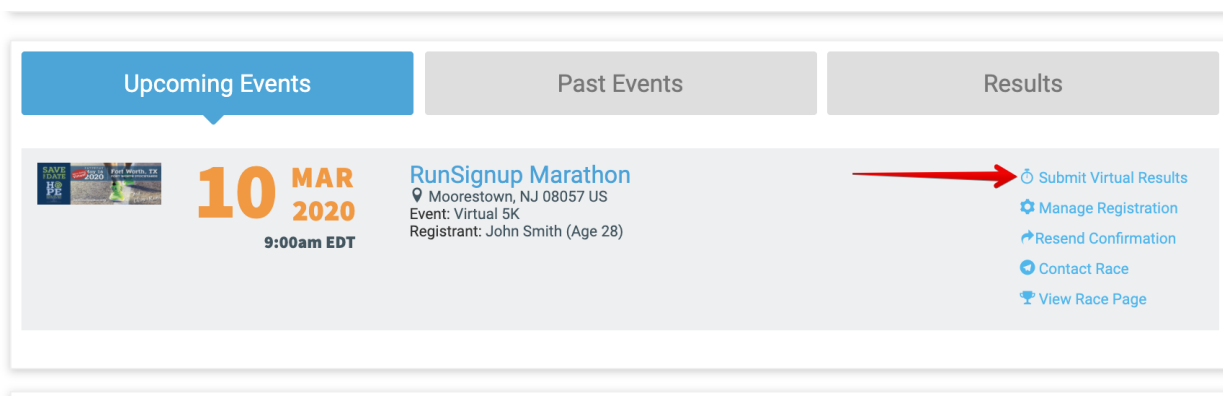
You can [view results here](#). Please note that it may take some time before your submitted results are displayed.

Method 2: Submit Virtual Results From Your RunSignup Profile

Navigate to your RunSignup profile by selecting the Profile Icon at the top right hand corner



Under your Upcoming Events > Select Submit Virtual Results > Enter in your Time > select Submit Time



John Smith: Virtual 5K

Results will be accepted from Tuesday October 22, 2019 12:00:am EDT to Thursday September 10, 2020 11:59:pm EDT. [Click here](#) for additional details.

Enter Your Time *

00 : 00 : 00

HR MIN SEC

Distance in Miles

miles

☐ Only allow me to post results when logged in as **kevin.lai@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.

Submit Activity

You can [view results here](#). Please note that it may take some time before your submitted results are displayed.


To ensure that all messages are sent at an appropriate time of day for you, you will also be asked for your timezone.

Method 3: Submit Via Activity File

RunSignup now supports the ability for participants to submit their virtual results by uploading their GPS activity recorded while using third party types of tracking tools. Participants record their activities for Virtual Events on a multitude of devices and platforms. Two very common formats of data are GPX and FIT, which services like Garmin and Strava use to store activity data.


We now give users the ability to quickly and easily enter in their activity data by selecting a GPX or FIT file from their computer. Their personalized data will automatically fill in, including the Distance, Date, Elevation Gain, and Time fields from the activity file being submitted.

This feature is available to all users without any need to enable it on the back end. Participants will see a Load Activity from File button while logging their Activity which they can click to open up a panel to submit a file.

 Everesting Challenge Back to Results ✕

Matthew Avery: Everesting Challenge

Results will be accepted from Wednesday May 20, 2020 12:00:am EDT to Wednesday July 1, 2020 11:59:pm EDT. [Click here](#) for additional details.

Load Activity from File 

New Activity

Activity *

Run

Date Completed *

06/16/2020

Distance in Miles *

miles

Convert from:

▼

Enter Your Time *

00 : 00 : 00

HR MIN SEC

Elevation Gain *

feet

or

meters

Comment

☐ Only allow me to post results when logged in as **avery@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.

Submit Activity

After clicking the Load Activity from File button, a panel will slide out allowing you to browse for a file on your computer or mobile device.



Everesting Challenge

[Back to Results](#) ✕

Matthew Avery: Everesting Challenge

Results will be accepted from Wednesday May 20, 2020 12:00:am EDT to Wednesday July 1, 2020 11:59:pm EDT. [Click here](#) for additional details.

[Load Activity from File](#)

Upload a GPX or FIT file.



Choose your GPS activity file

[Load File](#)

New Activity

Activity *

Run

Date Completed *

06/16/2020

Distance in Miles *

miles

Convert from: ▼

Enter Your Time *

00 : 00 : 00

HR

MIN

SEC

Elevation Gain *

feet

or

meters


Comment

☐ Only allow me to post results when logged in as [avery@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.

[Submit Activity](#)

After browsing for and selecting the Activity Data file, the fields for Date Completed, Distance in Miles, Elevation Gain, and Time will fill in automatically. The participant then clicks Submit.

 Everesting Challenge Back to Results ✕

Matthew Avery: Everesting Challenge

Results will be accepted from Wednesday May 20, 2020 12:00:am EDT to Wednesday July 1, 2020 11:59:pm EDT. [Click here](#) for additional details.

Load Activity from File

New Activity

Activity *
Run

Date Completed *
06/13/2020

Distance in Miles *
2.591 miles

Convert from: ▾

Enter Your Time *
0 : 23 : 16
HR MIN SEC

Elevation Gain *
32.8084 feet or 10 meters

Comment

☐ Only allow me to post results when logged in as [avery@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.

Submit Activity

You can learn how to export Activity data from Strava [here](#) and Garmin Connect [here](#).

You can also manually grab a file from a Garmin device itself by following these instructions:

1. Hit Browse
2. Navigate to /Garmin/garmin/activities
3. Select the appropriate activity file ending in .fit


This is just one of the many ways participants can submit virtual results when races enable RunSignup's RaceDay Virtual Results.

Method 4: Submit TXT Results

First you will need to opt in to TXT results, which you can do either **during** or **after** the registration process.

During the Registration Process:

Select Sign up for text messages and enter a valid cell phone number.


**Register For
Sample Simple 5k**

[Back to Race Website](#)

Virtual Race Information
 Make your virtual participation more real by sharing your effort! Enter your mobile phone or E-mail address and we will text you instructions on how to report your performance.

Big Bird Virtual 5k
☒ Sign up for text messages ☐ Sign up for E-mail ☐ I don't want texts or E-mail

Mobile Phone Number

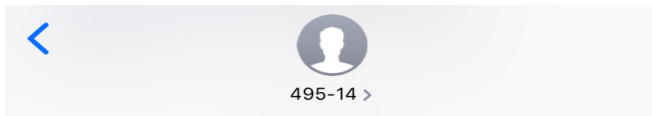
You will receive an opt-in message after you register. You must click to receive further event notifications. Only US numbers are allowed.

Select your Timezone
 To ensure that we send messages at appropriate times of the day, please select your timezone below.

Timezone *

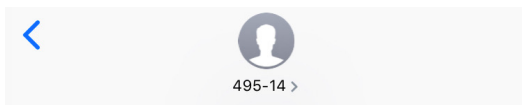
[Continue](#) [Back](#)

Once your registration is complete, you will receive a text message with a URL providing details and instructions for submitting your results, as well as an option to unsubscribe



Thanks for joining our Virtual Race! Details: <https://runsignup.com/vr/SAMPLE6> - Text "STOP SAMPLE6" to unsubscribe

You will receive another text message with the keyword, bib number and format for texting in your results.



Post Big Bird's results: Reply with format "SAMPLE6 400 TIME" (e.g. "SAMPLE6 400 25:45")

After the Registration Process:

You can go to your **Profile > Manage Registration > Virtual Race**, and then select **Contact Info**:

Virtual Race Management for Registration #42756708

REGISTRANT	John Winchester
EVENT	Virtual 10K

Contact Info

Enter a phone or E-mail address.

Submit Results

Post your finishing time.

Make your virtual participation more real by sharing your efforts! Enter your mobile phone or E-mail address and we will text you instructions on how to report your performance.

☒ Sign up for text messages☐ Sign up for E-mail☐ I don't want texts or E-mail

Mobile Phone Number

You will receive an opt-in message after you register. You must reply "YES" to receive further event notifications.
Only US numbers are allowed.

Select your Timezone

To ensure that we send messages at appropriate times of the day, please select your timezone below.

Timezone *

America/New_York (-0400)

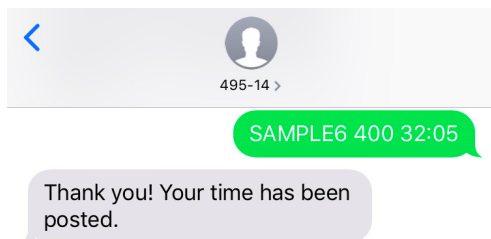


Save Contact Info

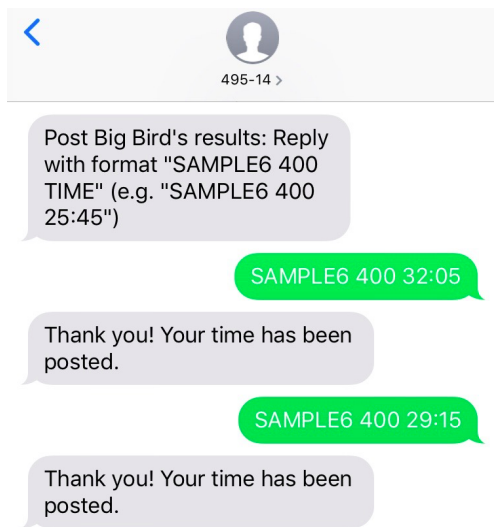
Here you can **Sign Up for Text Messages** and enter in your **Mobile Phone Number**. You can also **Select Your Timezone**, and **Save Contact Info**.

Texting in Your Results:

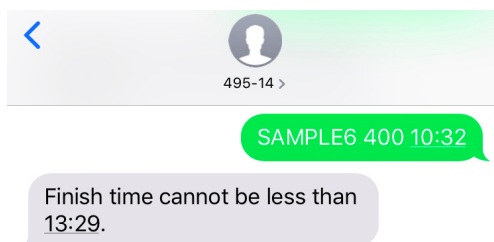
To submit your results, reply to the text message (or text 49514) with the Keyword, your bib number and your finish time. If successful, you will receive a confirmation that your time has been submitted



To change your virtual time, simply reply to the text message (or text 49514) with the keyword, your bib number and your updated finish time.



****If you enter a time that is below the minimum or above the maximum time, you will receive an error text message****



****If you unsubscribe from RunSignup Text Notifications, you can resubscribe by replying (or texting 49514) with START****

Method 5: Submit Email Results

If you would rather receive notifications and send results via email, you can choose to sign up for email notifications by entering your preferred email address.

A screenshot of the RunSignup registration form for the 'Sample Simple 5K'. The form includes a header with the race name and a 'Back to Race Website' link. Below the header, there is a section for 'Virtual Race Information' with instructions to enter a mobile phone or email address. The form has two radio buttons: 'Sign up for text messages' (selected) and 'Sign up for E-mail'. There is a text input field for 'E-mail Address' with the placeholder 'info@runsignup.com'. Below this, there is a section for 'Select your Timezone' with a dropdown menu showing 'America/New_York (-0400)'. At the bottom, there are 'Continue' and 'Back' buttons.

You will receive an email, separate from your confirmation, that contains a link with details for submitting your results.

RunSignUp.com <info+auto@runsignup.com>

to me ▾

Sample Simple 5K

Thanks for joining our Virtual Race!

For details, go to <https://runsignup.com/vr/SAMPLE6>.

You will also receive a separate email with a direct link to post your results.

Sample Simple 5K

Inbox x



RunSignUp.com <info+auto@runsignup.com>
to me ▾

9:55 AM (0 minutes ago)



Sample Simple 5K

It's time to post results! 🏃

To post Cookie Monster's results, go to <https://runsignup.com/Account/ParticipantManagement/VirtualRace?registrationId=32878895&racelId=24897>.

Sample Simple 5K

Sun February 2, 2020

Moorestown, NJ US 08057 📍 [Directions](#)

Virtual Race Management for Registration #32878895

REGISTRANT

Cookie Monster

EVENT

Virtual 5K

Contact Info

Enter a phone or E-mail address.

Submit Results

Post your finishing time.

Results will be accepted from Thursday November 8, 2018 1:00am EST to Wednesday December 30, 2020 11:59pm EST. [Click here](#) for additional details.

You can [view results here](#). Please note that it may take some time before your submitted results are displayed.

Enter Your Time *

hr min sec

Don't have a time? Mark that you finished instead.

☐ I finished, but did not time my run.

Submit Your Time

Manage Virtual Results

You can submit and manage your virtual results directly from your RunSignup account. To do this, log in to your RunSignup account and select Manage Registration



2 FEB 2020
9:00am EST

Sample Simple 5K

📍 Moorestown, NJ 08057 US

Event: Virtual 5K

Registrant: Big Bird (Age 33)

⚙️ Manage Registration

🔄 Resend Confirmation

📞 Contact Race

🏆 View Race Page



On the footer of the page, select Virtual Race

Sample Simple 5K

Sun February 2, 2020

Moorestown, NJ US 08057 [Directions](#)**Big Bird - Registration #32887535**If you registered other people under this account for this race, you can find their registration by clicking [here](#).[Resend Confirmation E-mail/Barcode](#)**Event: Virtual 5K***Registrant: Big Bird* melissa@runsignup.com 804-855-7021

1234 Sesame Street

Richmond, VA US 23230

Bib #: 400

Gender: Male

Date of Birth: 03/20/1986

Age at Time of Race: 33

Registration Date: 03/12/2019 4:14pm EDT

Registration Status: Active

Give-Away Option: N/A

Checked In: No

Total Amount Paid: \$0.00

Looking to set up notifications or post results for your virtual run? If so, [click here](#).[Race Home](#)[Virtual Race](#)[Giveaway](#)[My Registration](#)[Request Refund](#)[Refund Policy](#)[Sign Waiver](#)[Questions](#)

You will then be taken to a page where you can submit or update your results or change your contact info

Sample Simple 5K

Sun February 2, 2020

Moorestown, NJ US 08057 [Directions](#)**Virtual Race Management for Registration #32878098**

REGISTRANT

Big Bird

EVENT

Virtual 5K

Contact Info

Enter a phone or E-mail address.

Submit Results

Post your finishing time.

Results will be accepted from Thursday November 8, 2018 1:00:am EST to Wednesday December 30, 2020 11:59:pm EST. [Click here](#) for additional details.You can [view results here](#). Please note that it may take some time before your submitted results are displayed.

Enter Your Time *

0

hr

29

min

15

sec

Don't have a time? Mark that you finished instead.

☐ I finished, but did not time my run.[Submit Your Time](#)