



Virtual Half & Quarter Athlete Guide 2022



VIRTUAL RACE – READY, SET, GO!

Your Step-by-Step Guide

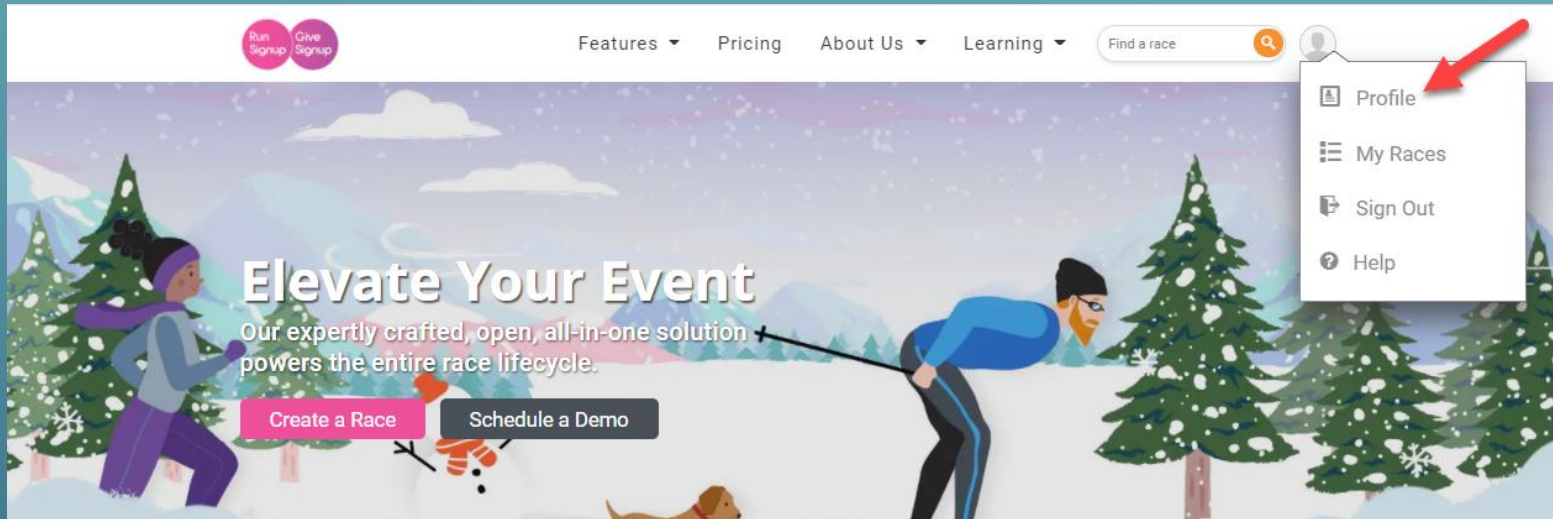
- 1) Know your total distance needed
 - a) Half Marathon = 13.1 miles
 - b) Quarter Marathon = 6.56 miles
- 2) Plan your route
- 3) Use a GPS enabled watch (or phone w/app) and “record” your activity
 - a) Run, Jog, Walk, Skip at YOUR pace
 - b) You can combine multiple activities together as long as you hit your goal distance
- 4) Have fun!
- 5) Take pictures before, during or after!

**Results Logging *Starts* Sat Feb 12th @ 9:30am ET
and *Ends* on Sat Mar 12th**

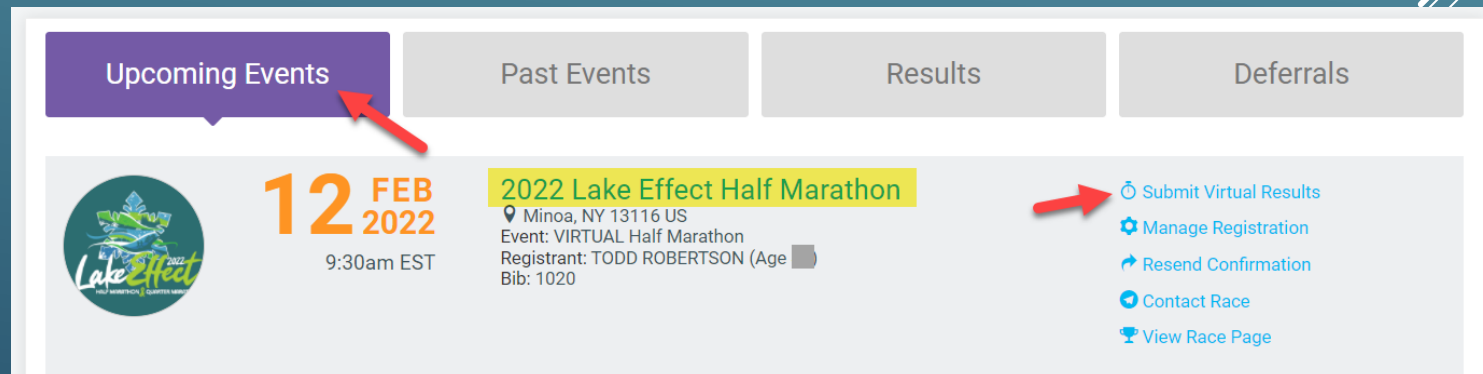


HOW TO POST & LOG YOUR RESULTS

STEP 1 – Go to RunSignUp.com and login to your Profile



STEP 2 – Find the 2022 Lake Effect Half Marathon and YOUR Event (Virtual Half or Virtual Quarter)





HOW TO POST & LOG YOUR RESULTS

STEP 3 – Click on “Submit Virtual Results”

Upcoming Events | Past Events | Results | Deferrals

12 FEB 2022
9:30am EST

2022 Lake Effect Half Marathon
Minoa, NY 13116 US
Event: VIRTUAL Half Marathon
Registrant: TODD ROBERTSON (Age █)
Bib: 1020

- [Submit Virtual Results](#)
- [Manage Registration](#)
- [Resend Confirmation](#)
- [Contact Race](#)
- [View Race Page](#)

STEP 4 – Enter [1A] your total time needed to complete your distance or [1B] simply mark “I Finished” and [2] “Submit”

2022 Lake Effect Half Marathon [Back to Results](#)

Log Activities
TODD ROBERTSON: VIRTUAL Half Marathon
Results will be accepted from Saturday February 12, 2022 9:30:am EST to Saturday March 12, 2022 11:59:pm EST. [Click here](#) for additional details.

Virtual Result Submission ☐ Load Activity from File

Enter Your Time *

00 : 00 : 00
HR MIN SEC

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

☐ I finished, but did not time my run.

[Lock Account](#)

Submit Your Time



RACE SWAG MAILING PLAN

- Due to the ongoing Pandemic and harsh winter, we've been servicing "last minute" changes from athletes to switch into the VIRTUAL Events.
 - This will be ongoing thru pre-race Packet Pick-Up ending Friday February 11th 2022.
- Please ensure that your Shipping Information is correct and if needed, please update by Sunday February 6th 2022.
- **We will be mailing out race swag to our Virtual Athletes the week of February 14th 2022.**
- **Note: Virtual swag will NOT be a Live Race Packet Pick-up (it will be at our fulfillment vendors offsite location)**



HOW TO HELP OUR CHARITY PARTNER

Make-A-Wish of Central New York

- 2021 continued to be a “Down Year” for fundraising
- As a result there are even more wishes in the pipeline than normal
- Your participation is a great first step to help!
- Please consider making a donation as part of your active charitable participation of the event
- Keep your thoughts on these Wish Kids while you complete your VIRTUAL Event



Double Your Donation Opportunity

- ✓ Raymour & Flanigan is generously matching DOLLAR for DOLLAR donations made on their fundraising site (overall limits do apply)
- ✓ Donate at: <https://RunSignUp.com/TeamRF-2022>

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Half Marathon



Quarter Marathon



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Silver Level Sponsors



Bronze Level Sponsors

