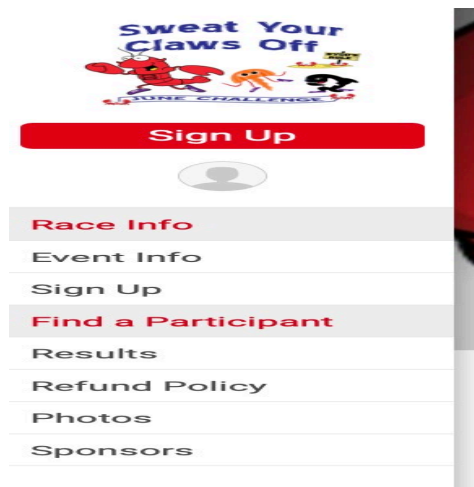# RUNS/WALKS/BIKE/SYCO WILL BE SUBMITTED TO RUNSIGNUP.

You will be updating your results through RunSignUp, not Strava. Follow the steps below so you don't miss a day!

Step 1: Click on the Results Tab on the event page on RunSignUp.

Step 2: Click on the "Submit Virtual Results" button.

Step 3: Enter your name and select the "Lookup Registration" button.

Step 4: Click the "Submit Virtual Result" button next to your name.

Sweat Your Claws Off June Challenge
Wed June 1 - Thu June 30, 2022
Holbrook, NY 11741 US

Find a Participant

BIB NUMBER	NAME	EVENT
	Diane Bolger	SYCO - You Are Crazy Enough To Do Both The Walk/Run Challenge AND The Cycle Challenge **Submit Virtual Results**

Step 5: Enter the "Activity Type" , make sure the date is accurate for the activity and enter your distance. Make sure to hit the "Submit Activity" button.

If you are registered for the SYCO event you will input your Run/Walk miles under the distance and the Bike miles under Elevation. (I still haven't figured our another way to do that).

Sweat Your Claws Off June Challenge   Bac

Log Activities

D **Diane Bolger:**   SYCO - You Are Crazy Enough To Do Both The Walk/Run Challenge AND The Cycle Challenge ▾
Results will be accepted from Wednesday June 1, 2022 12:00:am EDT to Monday July 4, 2022 6:00:pm EDT. Click here for additional details.

Virtual Result Submission   ▤ Load Activity from File

Distance in Miles
1.08   miles

Elevation Gain *
3   feet **or** 0.914   meters
Elevation gain from uploaded files is estimated from GPS data.

Submit and when you have a response that they have been submitted you are good to go!

Any Questions contact me.