

How to Enter Virtual Results

Thank you for registering for one of the Run the West Coast Challenges. Here is some helpful information to help you successfully complete your challenge over the next few months.

You can Easily track your miles online! We have an interactive map that shows how far along the challenges you are.

Tracking your mileage is super easy thanks to the awesome software from RunSignup. Once you do it a few times you'll get into the hang of it!

1. Login to RunSignup. We recommend letting it remember your username/password as you'll be here often!
 2. Navigate to the Results page. We recommend bookmarking this page so you can find it quickly everyday.
 3. Click "Submit Virtual Results"
 4. You will be shown a calendar, select the current day or the day for which you are entering the miles.
 5. A second box says "Distance in Miles", add the miles you ran that day.
 6. Click "Submit your time"
- Done!

RunSignup will automatically update your total distance and show you your total progression to date along the actual marathon course!

Tips and Tricks

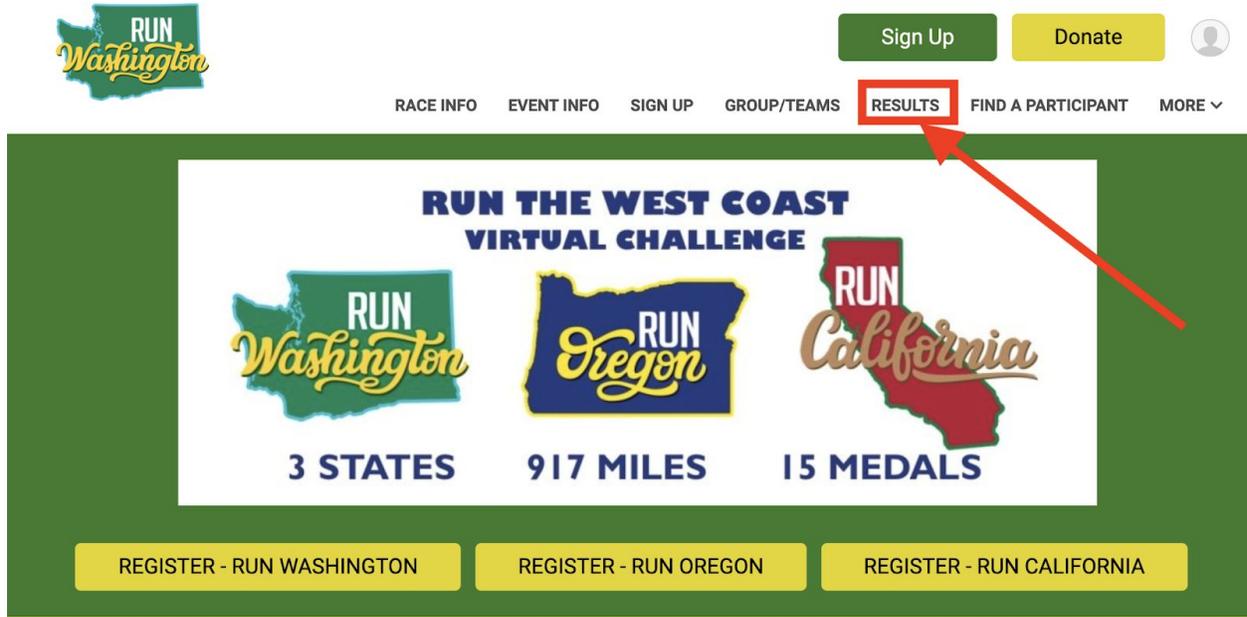
1. It's best to enter your distance daily. Obviously life happens and you will perhaps not be able to every day, but staying consistent will make it easy so you're not having to enter a ton of data at once. Plus seeing that progression is very motivating!
2. For those of you who "double" (that is, run/walk twice or perhaps more in a day), simply total the mileage that day and submit one entry. E.g., You run 3 miles in the morning and then another 4 that night. You should make one entry for 7 miles that day.

HOW TO SUBMIT YOUR VIRTUAL RESULTS (Detailed with pictures)

As you complete your virtual race you can submit your results by following the instructions below. Please remember that you must be logged into the RunSignup account you used to register to submit your results!

Navigate to the [RACE PAGE](#) > and select the [RESULTS TAB](#) > then select [SUBMIT VIRTUAL RESULTS](#)

WASHINGTON: [RACE PAGE](#) ---- [RESULTS TAB](#) -- [SUBMIT VIRTUAL RESULTS](#)
OREGON: [RACE PAGE](#) ---- [RESULTS TAB](#) -- [SUBMIT VIRTUAL RESULTS](#)
CALIFORNIA: [RACE PAGE](#) ---- [RESULTS TAB](#) -- [SUBMIT VIRTUAL RESULTS](#)



Sign Up Donate

RACE INFO EVENT INFO SIGN UP GROUP/TEAMS RESULTS FIND A PARTICIPANT MORE ▾

RUN THE WEST COAST VIRTUAL CHALLENGE

RUN Washington **RUN Oregon** **RUN California**

3 STATES 917 MILES 15 MEDALS

REGISTER - RUN WASHINGTON REGISTER - RUN OREGON REGISTER - RUN CALIFORNIA



Post Virtual Results

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

[Submit Virtual Results](#)

Next search for your registration either by first and last name or by email address and DOB.

Participant Lookup

Search By Name

First Name *

Last Name *

[Lookup Registration](#)

OR

Search By E-mail Address

E-mail Address *

Date of Birth *

mm/dd/yyyy

[Lookup Registration](#)

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

Find A Participant

BIB NUMBER	NAME	EVENT	REGISTRATION DATE	OTHER DETAILS
4	Victoria Jones More Details	Run Washington Challenge - 277 Miles Log Activities	Jun 10, 2020 at 1:45pm PDT	Gender: F Age: 40 City: Port Angeles, WA US

[Lookup Someone Else](#)

New Activity

Date Completed *

Distance in Miles * miles

Convert from:

Enter Your Time

: :

HR MIN SEC

Comment

Only allow me to post results when logged in as **vbjones@gmail.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](#)