RACE THROUGH THE DECADES ACTIVITY LOGGING INSTRUCTIONS

Welcome to the 2020 Race Through the Decades. Together, we will travel one decade per week. Your Challenge is to cover 10, 20 or 30 miles per decade over the span of 6 weeks.

You can run, jog, or walk on the road, on the trail, on the treadmill, at the gym or on the track. If you are cycling the challenge you can do your miles outside on your non-electric two-wheeled bicycle, or inside on your stationary bike, Peleton or elliptical machine. You can even substitute 20 minutes of exercise for 1 mile. You get to complete your own race, at your own pace, and track it yourself. You can mix your miles between any of the activities. The activity type will show in the results.

LOGGING YOUR MILES

You can submit your activities Starting November 1. here:

https://www.racethedecades.com/Race/Results/99782

After clicking the SUBMIT VIRTUAL RESULTS button, you will access your personal results page by NAME or EMAIL/BIRTHDATE

Race Through the Decades
Sun November 1 - Sun December 20, 2020
Elkridge, MD 21075 US

Participant Lookup

Search By Name   OR   Search By E-mail Address

First Name *   E-mail Address *

[   ]   [   ]

Last Name *   Date of Birth *

[   ]   [mm/dd/yyyy   📅]

[Lookup   ]   [Lookup   ]
[Registration]   [Registration]

Anonymous users are not shown in this report.

If you have registered for this race with an anonymous account, you can view your registration(s) by clicking here.

Click Log Activities:

BIB NUMBER	NAME	EVENT	REGISTRATION DATE	OTHER DETAILS
1001	Chris Tomlinson Is this you?	60 Mile Challenge Log Activities	Sep 25, 2020 at 2:45pm EDT	Gender: M Age: 48

Fill in the information in the appropriate boxes.

- Activity, Date and Distance are required.
  - You are on the honor system for this data. Track your miles with any training app or use [google maps](#) to track your route before or after you run.
- Time is optional but will open benchmark badges along your journey.
- Comments are just for fun to help you capture memories of your trek.

You are encouraged to add your activities *each day* so you can track your daily progress and unlock milestone badges along the way. However, you can enter activities at any time between November 1 and December 20. If you make a mistake or need to edit a previous activity, click on the pencil icon on the activities page.

Your Personal Results Page will tally your distance and time from each activity.

You can track your percentage of the goal complete, your cumulative distance and time as well as your pace per mile.

You can see your Activities here as well as your distance covered by activity type

We encourage you to share your personal results page on your social media sites so others can follow along with your progress and successes! You can use the icons in the top of all pages to share easily.

As you move along the route you can earn Milestone Badges that will appear in your Trophy Case.

There are many Milestone Badges you can earn during your journey. Some are based on your distance; some are based on activities and some on time. See if you can earn them all!

These will UNLOCK once you reach various benchmarks during your challenge. We encourage you to share your progress and your Trophy Case on your social media pages to get the praise you deserve.

NOTE: You have selected a goal distance for the Race Through the Decades.   When you reach your goal, you can be done, or if you want to keep going, KEEP GOING! You can tally activities and miles past your goal. We will have milestone badges set up for your goal distance as well for those who are a bit more ambitious and do more. NOTE: We can upgrade (or downgrade) you to a new distance, however when we do so, the activities you have logged to date will be lost. Best bet is to keep going with the distance you selected and surpass the goal.