

7 SUMMITS ELEVATION CHALLENGE



INSTRUCTIONS & DETAILS



Welcome to the 7 Summits Elevation Challenge!

GENERAL INFO

WHAT & WHERE:

Get ready to take on the ultimate virtual elevation adventure—a journey that mirrors the combined height of the Seven Summits, the tallest mountains on each of the world's seven continents. That's a massive 133,390 feet of elevation gain!

From your location: Run, walk, hike, bike, and climb your way toward the top using any fitness app or device you prefer—or track automatically with the RaceJoy App. Every foot of elevation gain you earn brings you closer to summiting iconic giants like Everest, Denali, and Kilimanjaro!

WHEN:

The Challenge begins January 1, 2026 and finishes December 31, 2026

SHIPPING: The Finisher's Medals and Summit Beanie packages will be shipped in Spring 2026. As we get closer, we'll have an exact shipping date.

SUPPORT:

- RunSignUp - info@runsignup.com
- Run Life, LLC - info@runlifellc.com
- Emergencies: Text 760-585-6631
- Event Webpage: <https://www.runlifellc.com/7summitschallenge>

TRACKING ELEVATION

You can begin tracking and logging elevation gain on Thursday, Jan 1st at 12:00am PST.

All mileage, results, and registration details are managed through your RunSignUp Registration Profile. This profile was automatically created when you registered.

To access your profile, visit www.RunSignUp.com, then sign in using the icon in the upper right corner.

Two Ways to Track & Log Elevation

1. Manual Entry

Track your miles/time with any GPS app or device, then log in to your RunSignUp profile on your phone or computer to enter your miles and elevation gain.

Common apps/devices include:

- Strava
- RunKeeper
- MapMyRun
- Garmin
- Apple Watch
- Fitbit
- (Or any GPS-enabled tool you prefer.)

2. Automatic Syncing (RaceJoy)

Use the RaceJoy App to automatically track and upload your activities directly to the official leaderboard.

RaceJoy works only for GPS-based activities (run, walk, hike, bike). It cannot track stationary activities (indoor cycling, treadmill, etc.).

Step-by-step instructions for both manual logging and RaceJoy syncing are provided below.

LOG ELEVATION GAIN - Manually

Logging your elevation gain manually to the official RunSignUp leaderboard is fast and easy—entries typically appear within 1–2 minutes.

You can track elevation using any fitness app or device (Strava, Garmin, Apple Watch, etc.)

STEP 1:

Go to the [7 Summits Challenge Leaderboard](#) on RunSignUp.

STEP 2:

Click “Submit Virtual Results” at the top of the page.

STEP 3:

Sign in using the same email you used to register.

STEP 4:

Enter your date, elevation gain, and activity details, then click “Submit Activity.”

Your elevation gain will update on the leaderboard within 1–2 minutes.

PERMITTED ACTIVITIES

- Running (outdoor or indoor)
- Walking (outdoor or indoor)
- Biking (indoor or outdoor)
- Hiking
- Rock Climbing/Rock Gym
- Elliptical/Stair Climber
- Any cardio machine that tracks elevation gain

LOG ELEVATION GAIN - RaceJoy App

- **Download RaceJoy** from the Apple App Store or Google Play Store.
- **Open the app** and search for the 7 Summits Elevation Challenge.
- **Claim your participant profile** using the same information (name and email) you used to register on RunSignUp.
- **Enable GPS/location services** and notifications when prompted. (RaceJoy only works for outdoor, GPS-based activities.)
- **Start your activity** by tapping “Start Race” or “Start Tracking.”
- Keep your phone with you and leave the app running while you run, walk, hike, or bike. You can use other apps, like Strava, simultaneously.
- **Finish your activity**, and RaceJoy will automatically upload your miles and elevation gain to the official RunSignUp leaderboard.

Fun RaceJoy Features

- **Spectator Mode:** Friends and family can download RaceJoy, choose “Spectator,” and follow your progress while sending pre-recorded or custom audio cheers.
- **Track Other Participants:** Add up to 50 fellow challengers to your My Participants list to follow their progress and send them cheers.
- **Send Cheers:** Send pre-recorded clips or custom text-to-audio messages. Cheers are delivered within seconds, with up to 50 cheers per participant per day.

For technical help: support@racejoy.com

FAQs: <https://www.racejoy.net/faq-participants>

YOUR 7 MOUNTAINS



PACKAGES & SHIPPING

Your Finisher's Medal packages will be shipped by Spring 2026. Challengers from same households will receive their race gear in the same package.

***If you move or change addresses, PLEASE let us know immediately!
Packages sent to wrong addresses will have a re-shipment fee of \$5.***

Each package will include:

- Your Badass 7 Summits Finisher's Medal
- Your Summits Beanie with rechargeable light
- Thank You Card with a discount code for any future event

TEAM DIVISION GUIDELINES

- You and your teammates can split the 133,390 ft of elevation gain however you choose—there's no required amount per teammate.
- You'll appear on the leaderboard as both a team and as individuals.
- Once your team reaches the 133,390 ft goal, your final team placement is locked in, but you may continue logging elevation gain through the end of the year.
- You can replace a teammate at no cost anytime before finisher medal packages are mailed.

CHALLENGE RULES

- Elevation gain only counts after Jan 1st at 12:00am PST—no pre-event elevation gain can be logged.
- You may change divisions anytime at no cost.
- You can use both manual logging and RaceJoy syncing throughout the challenge.
- Once you complete the challenge, your finishing place is locked, but you may continue logging elevation gain through the end of the year.
- You must log elevation gain at least once per month to help keep the leaderboard as accurate as possible.

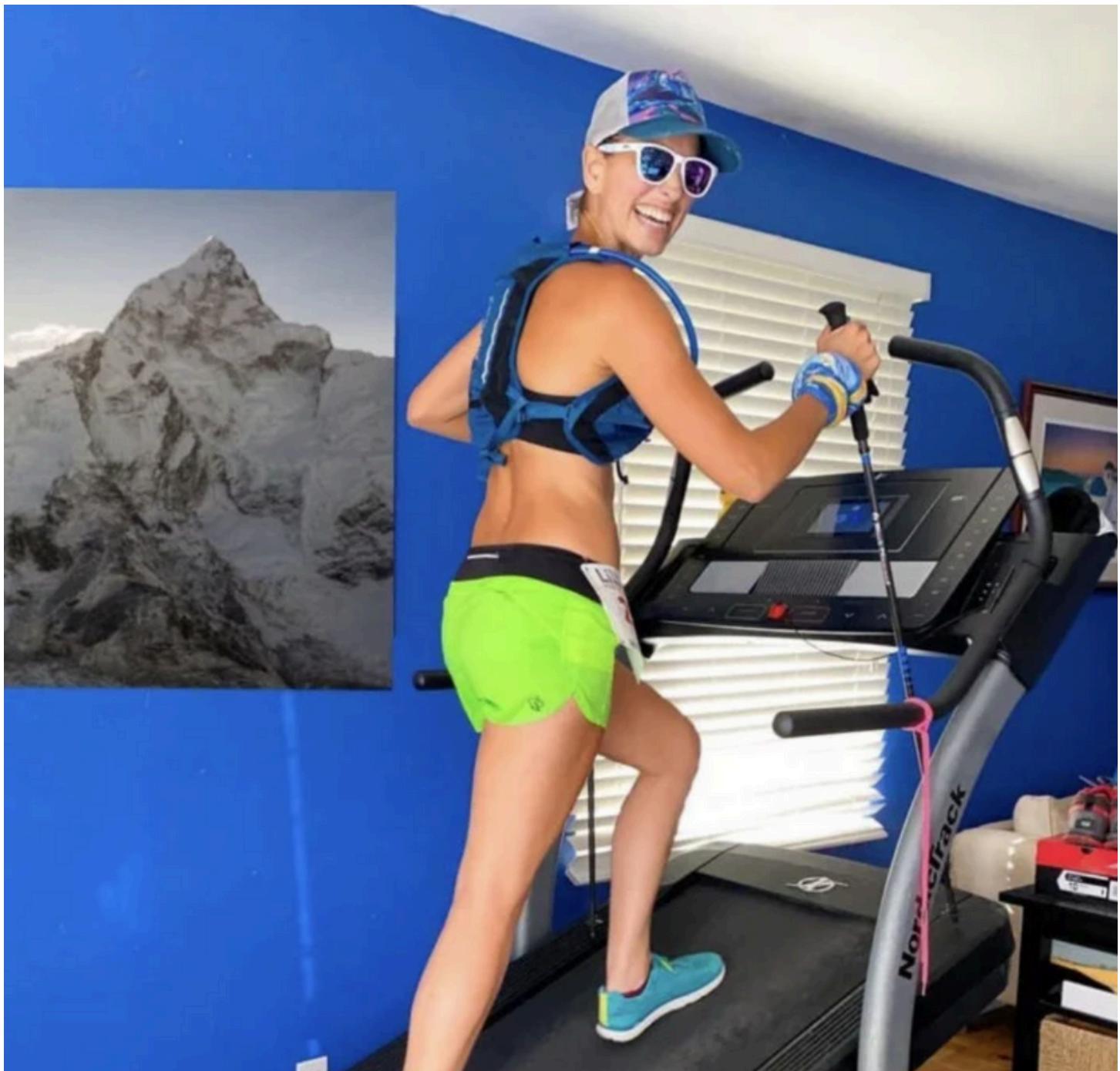
UPLOADING PHOTOS!

We LOVE seeing all the photos! We give out special prizes for the best photos and we'll have PHOTO CONTESTS throughout the year.

Ways to SUBMIT PHOTOS:

- Tag us on Facebook or Instagram: @VirtualRunLife
- Email them to us: info@runlifellc.com
- Upload them when you log your miles





Good luck, everyone!
Almost time to get this party started