

2025 DOG JOG 150 Mile Challenge



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Event Details & Instructions



Welcome to the 2025 DOG JOG Challenge!

GENERAL INFO

WHERE:

This a virtual event and you can complete the 150 miles from any areas you and your pup love to explore!

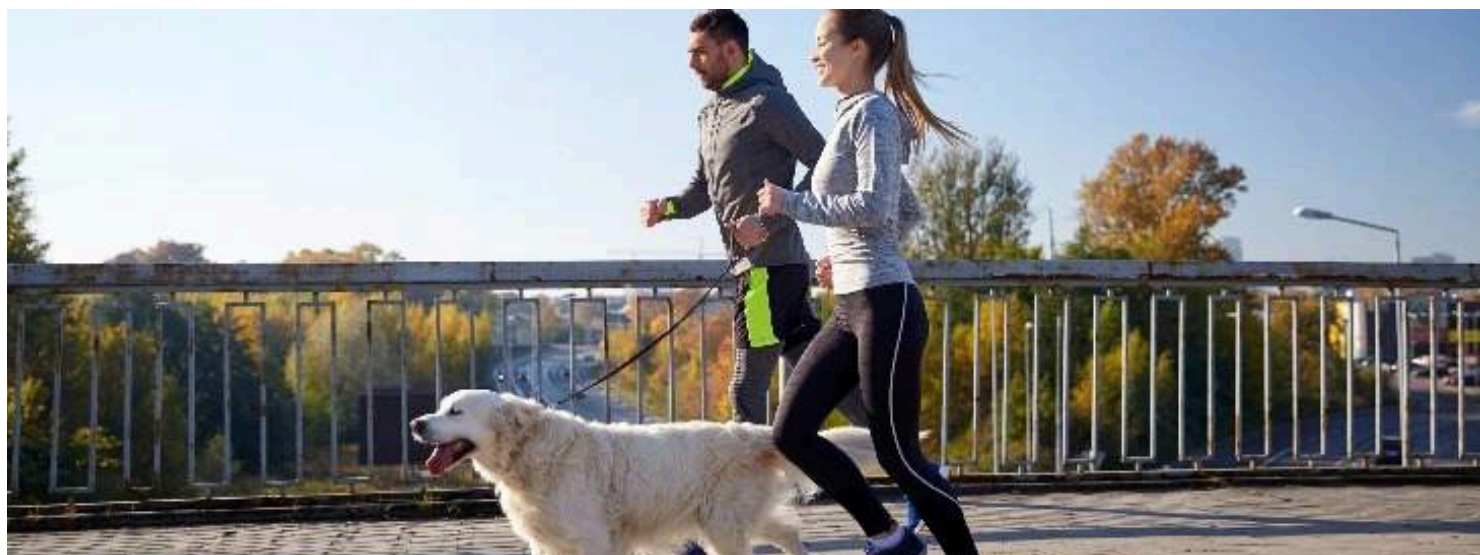
WHEN:

The Challenge begins Saturday, March 1st and finishes Saturday, May 31st!

SHIPPING: The Finisher's Medals and Doggie Bandana packages will be shipped in May. Exact shipping dates will be available soon.

SUPPORT:

- RunSignUp - info@runsignup.com
- Run Life, LLC - info@runlifellc.com
- Emergencies: Text 760-585-6631
- Event Webpage: <https://www.runlifellc.com/2025dogjog>



TRACKING MILES

You can start tracking and logging miles on Sat, March 1st @ 12:00am PST

Your Registration Profile and the Official Leaderboard is hosted with [RunSignUp](#)

Your Registration Profile contains all of your registration information, digital Bib Number, Finisher's Certificate, shipping info, all mileage activities, etc. Your Registration Profile was automatically created when you registered for the event with your email.

Recommended tracking apps/devices are (but you can use anything you'd like):

- Strava App - There's a 2025 Dog Jog Club
- RaceJoy App - SYNCS with the Official Leaderboard!

The RACEJOY APP is free to download on any smart phone. You can track other participants and send them cheers!

WHAT ACTIVITIES COUNT

Approved Activities:

- Running
- Walking
- Hiking

VERY IMPORTANT: *This is not combined mileage. For example, if you walk 2 miles with your dog, it's 2 miles towards the 150 miles, not 4 miles.*

HOW TO LOG MILES - MANUALLY

Logging miles manually to the official RunSignUp leaderboard is fast and efficient and results appear on the leaderboard within 1-2 minutes.

STEP 1:

Go go to the Official LEADERBOARD on your computer or phone and click the "Submit Virtual Results" button at the top of the page.

STEP 2:

Follow the prompts to Look Up Your Registration and LOG ACTIVITIES

STEP 3:

After you enter in your activity, miles, time, date, etc. click the "Submit Activity" and your name will appear on the leaderboard!

****You can manually log miles daily, weekly or monthly!**

HOW TO LOG MILES - SYNCING

You may download the RaceJoy App from any smartphone for free and your activities will be automatically uploaded to the Leaderboard!

STEP 1:

Download the RaceJoy App

STEP 2:

Open the RaceJoy App and search for the 2025 Dog Jog event and type in your Name or Bib Number.

STEP 3:

Set up tracking by selecting “I Want To Be Tracked”. Follow prompts to input necessary information

STEP 4:

When you're ready to use the RaceJoy App for an activity, open the app, go to the 2025 Dog Jog and click “Start My Race” as you begin your run, walk or hike with your doggo!

You will receive progress updates at every mile. You can also choose to follow other participants in the challenge and send them cheers!

STEP 5:

At the end of your activity, click the “Finish” button and your activity will automatically upload to the Leaderboard!

Important points to remember:

- Battery life: Make sure your phone is fully charged before your activity as using RaceJoy along with other apps can drain your phone more quickly.
- Turn off Wi-Fi to ensure accurate GPS tracking.
- You may still use other apps like Strava at the same time.

BIB Numbers & Finisher's Certificates

On your results page on the leaderboard - on the upper right hand side - you'll see a link to your Digital Bib Number and Certificate! Both can be printed out.

TOP FINISHERS & EDITING ACTIVITIES

The leaderboard will be based on distance, not pace!

TO EDIT ANY MILEAGE ENTRY:

On the page where you enter in your activity, miles, time, etc - scroll down to the bottom and click on the “Manage Activities” link! From there, you can edit or delete any activity.

TOP FINISHERS:

Awards will be given to the Top 3 Finishing Dog/Owner Teams. While this is a competitive event, always be mindful of the heat and not pushing your dog too much. We want to make ensure all pups and owners are safe out there.

If you're competing to be a top finisher, please make sure you are using the RaceJoy app or another GPS tracker on your runs/walks as you may be asked to provide proof of your mileage.



PACKAGES & SHIPPING

Your Finisher's Medal & Doggie Bandana packages will be shipped in May 2025. 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 \$10

Each package will include:

- Your BADASS Finisher's Medal
- Your dog's matching Medal for their collar
- Doggie Bandana
- Personal Thank You card from our team
- Any extra dog collars or leashes you ordered at the time of registration

CHALLENGE RULES

- You and your doggo(s) must all complete 150 miles together. If you take your dog for a walk and complete 2 miles, that's 2 miles towards the 150 mile goal, not 4 miles. You can't combine your miles.
- Miles completed BEFORE March 1st, do not count.
- If someone else takes your dog for a walk, that does not count.
- If your dog runs around the dog park, that does not count.
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PICTURES!

We LOVE seeing all the photos! We give out special prizes for the best photos and we'll have a PHOTO CONTEST for the best photo once all of the Medals and Leashes are mailed out.

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

THE CAUSE

Paws for a Cause: Supporting Dogs & Animals affected by the LA Wildfires

The 2025 Dog Jog helped raise funds for the Pasadena Humane, who has taken in over 400 animals and pets that have been displaced and injured by the recent wildfires. Your participation doesn't just celebrate the bond with your furry best friend—it also makes a difference for animals in need, giving them a second chance at a happy and healthy life.

Together, we helped Pasadena Humane provide emergency care, search and rescues, shelter, and love to pups and animals that have been horribly affected by this crisis. 🐶✨



PASADENA
HUMANE



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