

2,023

MILES



IN

2023



#

Event Details & Instructions



# Welcome to the 2023 Challenge!

## GENERAL INFO

### WHAT/WHERE:

This a virtual fitness event where you'll complete 2,023 miles in 2023 from any location in the world.

### WHEN:

The Challenge begins Sunday, January 1, 2023 and finishes Sunday, December 31, 2023.

**SHIPPING:** The Finisher's Medals and Tee/Tank packages will be shipped in mid-April. As we get closer, we'll have an exact shipping date.

### SUPPORT:

- RunSignUp - [info@runsignup.com](mailto:info@runsignup.com)
- RaceJoy App - [support@racejoy.com](mailto:support@racejoy.com)
- Run Life, LLC - [info@runlifellc.com](mailto:info@runlifellc.com)
- Emergencies: Text 760-585-6631
- Event Webpage: <https://www.runlifellc.com/2023challenge>



# TRACKING MILES

You can start tracking and logging miles on Sun, Jan 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.

**To access your RunSignUp Registration Profile**, go to [www.RunSignUp.com](http://www.RunSignUp.com) and click on the upper right hand corner icon to Sign In & Access your Profile.

**There are 2 OPTIONS for tracking and logging miles:**

- **MANUALLY:** You will track your miles and time on any GPS tracking app or device you'd like and then sign into your RunSignUp profile via phone or computer and submit those results each day or after each activity.

- **SYNCING:** You'll need to use the RaceJoy App, which will track your distance, pace and time and instantly upload your activities to the official RunSignUp Leaderboard. You can only use the RaceJoy app for activities that are GPS trackable, such as running, walking, hiking, biking, etc. Stationary Activities like yoga, indoor biking won't work.

**Further step by step instructions provided for both manually entries and syncing below.**

Recommended tracking apps/devices for MANUALLY logging miles are (but use anything you'd like):

- Strava App
- Run Keeper App
- Map My Run App
- Garmin Watch
- Apple Watch
- Fitbit

# WHAT ACTIVITIES COUNT

## All Activity Division:

- Running
- Walking/Hiking
- Biking
- Swimming/Rowing/Kayaking
- Elliptical/Stair Climber
- Skiing/Snowshoeing
- Skating/rollerblading
- Distance Sports (Tennis, golf, baseball)
- Stationary (Yoga, weights) 100 Calories = 1 mile

## Run/Walk Division:

- Running
- Walking
- Hiking

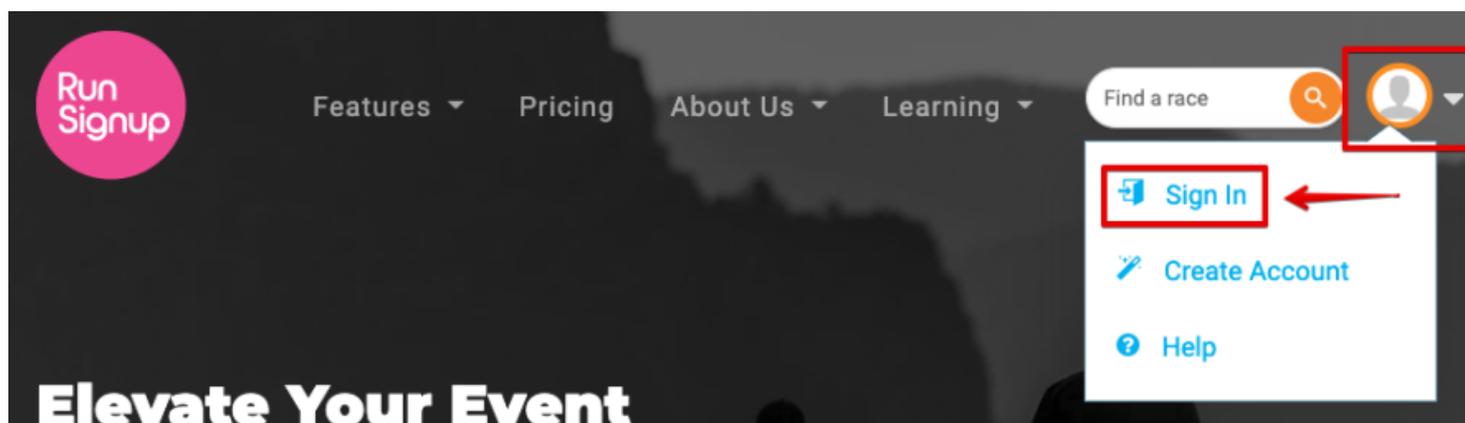
# HOW TO LOG MILES MANUALLY

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

With manually logging miles, you can use any fitness app or device you'd like to track your miles (Strava, Garmin, Apple Watch, Fitbit, MapMyRun, etc.)

## STEP 1:

Go go to <https://runsignup.com/> on your computer or phone and click on the upper right hand corner icon to Sign In **AND** Access your profile.



## STEP 2:

Scroll down to the "2023 Challenge" and click the "Submit Virtual Results" link on the right hand side.

The screenshot displays three race entries in a list. Each entry includes a logo, date, time, event name, location, registrant name, and bib number. To the right of each entry is a vertical list of action links: 'Submit Virtual Results', 'Manage Registration', 'Resend Confirmation', 'Contact Race', 'View Race Page', and 'View Digital Bib'. A large black arrow points to the 'Submit Virtual Results' link for the '2023 CHALLENGE' entry.

Event	Date	Time	Location	Registrant	Bib	Action
RaceJoy Rocks - by RunSignup	25 JUN 2020	2:00am PDT	Moorestown, NJ 08057 US	Megan McCarthy (Age 40)	2033	Submit Virtual Results, Manage Registration, Resend Confirmation, Contact Race, View Race Page, View Digital Bib
2022 Dog Jog	3 SEP 2022	12:00am PDT	Anywhere, OR 97411 US	Megan McCarthy (Age 42)	761	Submit Virtual Results, Manage Registration, Resend Confirmation, Contact Race, View Race Page, View Digital Bib
2023 CHALLENGE	1 JAN 2023	12:00am PST	Anywhere, OR 11111 US	Megan McCarthy (Age 42)	3408	Submit Virtual Results, Manage Registration, Resend Confirmation, Contact Race, View Race Page

## STEP 3:

Enter in your activity, time, date and distance, then click "Submit Activity". Format for logging TIME (HH:MM:SS). The RunSignUp results system will automatically calculate your TOTAL miles and TOTAL time and will place you on the official leaderboard with the other challengers. The leaderboard is based on distance, not pace. You will be able to upload photos as well!

**\*\*You can log daily, weekly or monthly. We recommend logging daily or weekly to keep the leaderboard as accurate as possible.** The last day to log miles is December 31, 2023 at 11:59pm PST.



Log Activities

Megan McCarthy: 150 Mile

Results will be accepted from Saturday September 3, 2022 12:00:am PDT to Saturday December 31, 2022 11:59:pm PST. [Click here](#) for additional details.

New Activity

Load Activity from File

Activity \*

Date Completed \*

Distance in Miles \*

miles Convert from: ▾

Enter Your Time

  
HR MIN SEC

Comment

[+ Add Another Activity](#) [Import Activities from CSV file](#) [Lock Account ▾](#)

Submit Activity

# HOW TO SYNC MILES

Download the **RACEJOY APP** from your Apple or Android phone! RaceJoy and RunSignUp are sister companies using the same leaderboard :)

## GETTING SET UP on the App:

**STEP 1:** Locate your bib number by opening up the Bib Number Assignment email or your registration confirmation email. Your Bib Number will be listed in both emails.

**STEP 2:** Download the RaceJoy App on any Apple or Android phone.

**STEP 3:** Locate the "2023 Challenge" event in the app through the search feature at the top or "list of races"

**STEP 4:** Click on the "2023 Challenge" event. When prompted, choose "Participant" and follow the prompts to get set up properly for the challenge. The app will ask you to enter in your Bib Number to find you.

**STEP 5:** On the App's homepage, click on "PhoneTrak". Follow prompts and confirm the the phone you'll be using for tracking.

**STEP 6:** Explore the app and ask questions! We're happy to help - [info@runlifellc.com](mailto:info@runlifellc.com)

### **TRACKING MILES on the App:**

**STEP 1:** Open the app and select "My Races". Then, select the "2023 Challenge"

**STEP 2:** Click on "PhoneTrak"

**STEP 3:** Click "Start My Activity" and your tracking and clock will start.

**STEP 4:** Once you and your fur-baby are finished with your activity, click the Finish button and your activities miles, time and pace will instantly upload to the official RunSignUp Leaderboard. You'll repeat these steps each time.

**IMPORTANT:** There is no "pause" button. So, once the tracking clock starts, it won't stop until you hit the "Finish" button. If you need to take an extended break, just hit the Finish button and then the Start button when you continue.

### **IMPORTANT NOTES:**

- You must carry your phone with you for your activities
- You may use other apps on your phone while using RaceJoy, such as music or other tracking apps.
- Each challenger that wants to sync their own miles must carry their own phone and set up their own RaceJoy profile in the app.

**\*\*\*Syncing only works with GPS trackable activities**

## FUN APP FEATURES:

- **Your friends and family be "spectators"!** They can download the RaceJoy app and select the "Spectator" option to watch your progress and send you pre-recorded or custom cheers!
- **Add other 2023 challengers to your "My Participants" list** in the app. You'll be able to send them cheers and track their progress. You can add up to 50 other challengers per event!
- **Sending Cheers in the App:** You can send pre-recorded audio cheer clips or custom text-to-cheer messages that are relayed in audio format to the participant. Cheers are delivered within moments of sending. You can send up to 50 cheers per participant per day.

Technical questions: [support@racejoy.com](mailto:support@racejoy.com)

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

## **BIB Numbers & Finisher's Certificates**

***Once you FINISH the challenge, your place on the leaderboard will be locked in, however, you can continue to log miles until the end of the year.***

Go to <https://runsignup.com/> to sign into your profile. Once logged in, scroll down and find the 2023 Challenge event. On the right hand side, you'll see the option to "View Digital Bib". You can print it from there. Once you complete the challenge, the Finisher's Certificate of Completion option will appear there, too.

Upcoming Events	Past Events	Results	Deferrals
 <b>27 NOV 2020</b> 12:01am PST	<b>Coach's Oats Challenge</b> Anywhere, OR 11111 US Event: 100 Mile - SOLO Registrant: Megan McCarthy (Age 40) Bib: 1433	<a href="#">Submit Virtual Results</a> <a href="#">Manage Registration</a> <a href="#">Resend Confirmation</a> <a href="#">Contact Race</a> <a href="#">View Race Page</a> <a href="#">View Digital Bib</a>	



# LEADERBOARD & EDITING ACTIVITES

The leaderboard will be based on distance, not pace!

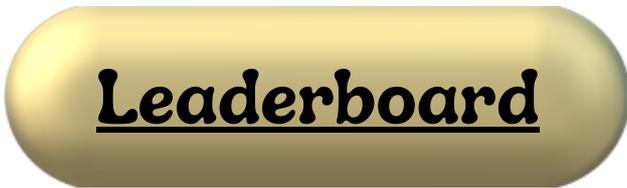
## TO EDIT ANY MILEAGE ENTRY:

Step 1: Go to [www.RunSignUp.com](http://www.RunSignUp.com) and Sign In to your profile.

Step 2: Scroll down to the 2023 Challenge

Step 3: Click on "Submit Virtual Results" on the right hand side towards the bottom of the page.

Step 4: Scroll down to the bottom and click on "Manage Activities"



**Leaderboard**

## PACKAGES & SHIPPING

Your Finisher's Medal & Tee/Tank packages will be shipped by mid-April 2023. 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 \$6.***

### **Each package will include:**

- Your BADASS Finisher's Medal
- Your Tank or Tee
- Official 2023 Miles sticker
- Ultima Replenisher Sample Hydration Pack
- Personal Thank You card from our team
- Any extra shirts you ordered at the time of registration

# TEAMS

If you are registered for one of the team divisions, here are some important things to know:

- You may divide up the 2,023 miles however you'd like amongst you and your teammates. There isn't a certain amount of miles each teammate is required to do.
- You'll be able to view your placement on the leaderboard as a TEAM and also as individuals.
- Once the team has reached 2,023 miles, your finishing place will be locked in, however you can continue to log miles until the end of the year.
- If you need to replace someone on your team, you may do so at no charge, BEFORE the finisher's medal packages are sent out.

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# CHALLENGE RULES

- Miles count after Jan 1st at 12:00pm PST. You can't log miles from before the event started.
- You may change divisions at anytime at no charge.
- You can use both the manual and syncing options throughout the challenge.
- Once you finish the 2,023 miles, your finishing place is locked in, however, you can continue to log miles until the end of the year.
- You must log miles at least once a month! This keeps the leaderboard most accurate!

## 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

Here is a direct link to the **2023 CHALLENGE PHOTO ALBUM** on RunSignUp:

<https://runsignup.com/Race/Photos/OR/Anywhere/2023CHALLENGE>



# THE CAUSE

We have donated THOUSANDS of dollars to multiple charities over the last few years! We are currently going through various non-profits' 990 forms to select a beneficiary for this event.

Once we decide, we will announce the charity, the cause and how much will be donated to them!

## OUR SPONSOR



**Ultima Replenisher** is giving every participant a 6-flavor sample pack of their clean electrolyte drink for athletes in the Finisher's Medal package.

Many of you might be familiar with Ultima Replenisher as you can find them hydrating the runners at many major marathons and half marathons across the country.

**Ultima Replenisher is requesting LOTS OF PHOTOS of you all with you enjoying your sample pack! There will be a BIG PRIZE for the best ULTIMA photos!**





**Good luck, everyone!**  
Time to get this party started