



2025 CHALLENGE

Race Instructions



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Welcome to the 2025 Challenge!

GENERAL INFO

WHAT & WHERE:

This is the ultimate fitness challenge ~ 2,025 miles in 2025! You'll compete against other individuals and teams from across the country and world from your location!

WHEN:

The Challenge begins Wednesday, January 1, 2025 and finishes Wednesday, December 31, 2025.

SHIPPING: The Finisher's Medals and Race Shirt packages will be shipped in April/May 2025. 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/2025challenge>



TRACKING MILES

You can start tracking and logging miles on Wed, 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 and click on the upper right hand corner icon to Sign In & Access your Profile.

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

Run/Walk Division:

- Running
- Walking
- Hiking
- Treadmill
- Elliptical/Stairclimber

HOW TO LOG MILES

Place	Bib	Name	Gender	City	State	Country	Clock Time	Distance in Miles	Progress	Pace	Age
1	303	 Joel Hibshman	M	Whitehall	PA	US	2:15:31	8.2	5.5%	16:32	58
2	820	 Liz Risdon	F	Canyon Country	CA	US	2:01:07	7.1	4.7%		44
3	382	 Anonymous Participant	F			US	4:00:00	7	4.7%	34:17	42
4	669	 Javier Pinto	M	Saddle Brook	NJ	US	1:01:23	6.2	4.1%	9:54	44
5	659	 Amber Payne	F	Dana Point	CA	US	1:32:32	5	3.3%	18:30	44
6	418	 Amy Olson	F	Murrieta	CA	US	1:35:33	5	3.3%	19:07	43
7	520	 Michael Weston	M	Green Valley	AZ	US	1:09:32	4.13	2.8%	16:50	68
8	438	 Craig Schatzman	M	Staten Island	NY	US	1:01:34	4.03	2.7%	15:17	46
9	868	 Graciela Borquez	F	Las Vegas	NV	US	1:26:14	4.02	2.7%	21:27	36

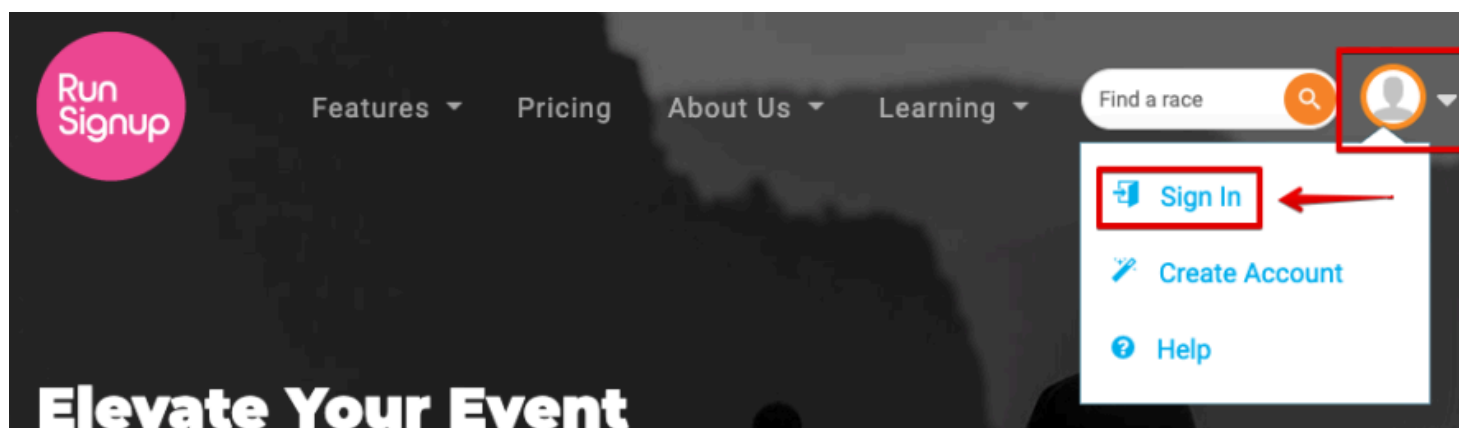
Example of the leaderboard

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

****We strongly encourage logging your miles at least once a week to keep the leaderboard as current and up-to-date as possible!**




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 "2025 Challenge" and click the "Submit Virtual Results" link on the right hand side.

	25 JUN 2020 2:00am PDT	RaceJoy Rocks - by RunSignup Moorestown, NJ 08057 US Event: RaceJoy Born to Run Challenge Registrant: Megan McCarthy (Age 40) Bib: 2033	Submit Virtual Results Manage Registration Resend Confirmation Contact Race View Race Page View Digital Bib
	3 SEP 2022 12:00am PDT	2022 Dog Jog Anywhere, OR 97411 US Event: 150 Mile Registrant: Megan McCarthy (Age 42) Bib: 761	Submit Virtual Results Manage Registration Resend Confirmation Contact Race View Race Page View Digital Bib
	1 JAN 2023 12:00am PST	2023 CHALLENGE Anywhere, OR 11111 US Event: All Activity - SOLO Registrant: Megan McCarthy (Age 42) Bib: 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. Again, we strongly recommend logging your miles at least once a week to keep the leaderboard as up-to-date as possible.** The last day to log miles is December 31, 2025 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

Activity *

Date Completed *

12/14/2022

Distance in Miles *

miles

Convert from: ▾

Enter Your Time

00 : 00 : 00

HR MIN SEC

Comment

+ Add Another Activity

Import Activities from CSV file

Lock Account ▾

Submit Activity

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 2025 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 on your results page!*

Upcoming Events

Past Events

Results

Deferrals



27 NOV 2020

12:01am PST

Coach's Oats Challenge

Anywhere, OR 11111 US
 Event: 100 Mile - SOLO
 Registrant: Megan McCarthy (Age 40)
 Bib: 1433

Submit Virtual Results

Manage Registration

Resend Confirmation

Contact Race

View Race Page

View Digital Bib

LEADERBOARD & EDITING ACTIVITIES

The leaderboard will be based on distance, not pace!

TO EDIT ANY MILEAGE ENTRY:

Step 1: Go to www.RunSignUp.com and Sign In to your profile.

Step 2: Scroll down to the 2025 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 & Race Shirt packages will be shipped no later than 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 GIGANTIC Finisher's Medal
- Your Race Shirt
- Official 2025 Miles sticker
- Thank You Card with a discount code for any future event
- 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 2,025 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. Just toggle the results pages at the top of the leaderboard.
- Once the team has reached 2,025 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.



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.
- Once you finish the 2,025 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!

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

Here is a direct link to the **2025 CHALLENGE PHOTO ALBUM** on RunSignUp: <https://runsignup.com/Race/Photos/ParticipantPhotos-314795/168621>



THE CAUSE

We're excited to share that one of our charitable causes for 2025 was selected as college scholarships for low-income families! This initiative aims to empower students by providing them with the educational opportunities they deserve. As scholarships are becoming increasingly more difficult to receive and funding has been cut across the USA in recent years, Run Life, LLC has made the commitment to matching donated funds through our event with a minimum of donating at least \$2,000 to help these students and families. Education is backbone of an equitable and prosperous nation! The funds will be given directly to their University or College to ensure proper usage and distribution. Thank you for your support!



Good luck, everyone!

See you on the leaderboard