

 PASADENA HUMANE 

# RACE FOR RESCUES

**PARTICIPANT GUIDE**

★ 50 & 100 MILE CHALLENGE ★

 RUN  
 WALK  
 SAVE LIVES



*Welcome, Challenger.*

# MILES THAT MATTER.

—  Run. Walk. Hike. Help animals in need.  —



# The Rescue Rundown

## WHAT/WHERE:

The Race for Rescues 50 & 100 Mile Challenge is a virtual fitness challenge you can complete from anywhere. Run, walk, hike, or log miles your way while helping support animals in need through Pasadena Humane.

## WHEN:

The challenge begins July 11th at 12:00 AM PST.

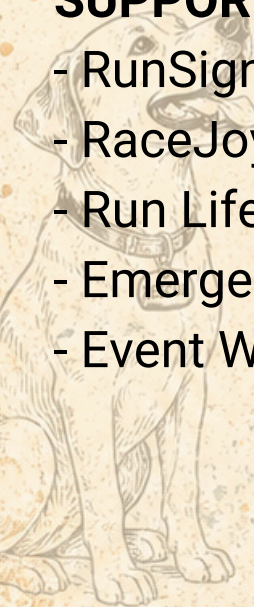
There is no time limit, so you can complete your 50 or 100 miles at your own pace.

## SHIPPING:

Finisher Medals and backpack packages will ship approximately August 2026.

## 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/race4rescues>






# TRACKING MILES



**The Race for Rescues Challenge officially begins at 12:00 AM PST on July 11th.**

From that moment on, every mile you run, walk, or hike counts toward your 50 or 100 mile goal.

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



## **To Access Your Profile:**

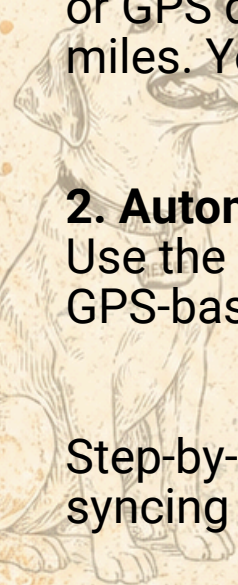
- Visit [www.RunSignUp.com](http://www.RunSignUp.com)
- Click the profile icon in the upper right corner
- Sign in using the email address you used to register

Your profile is your personal Race for Rescues Challenge Hub, where you can track your progress, submit miles, and view the leaderboard.

## **Ways to Log Your Miles - You can Use Both Methods!**


### **1. Manual Entry**

Track your miles using your preferred fitness app, watch, treadmill, or GPS device. Then Sign In to your RunSignUp profile to log your miles. You can log miles directly through the Leaderboard as well.



### **2. Automatic Syncing with RaceJoy**

Use the RaceJoy App to automatically track and upload outdoor GPS-based activities directly to the official leaderboard.



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



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# WHAT ACTIVITIES COUNT

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

## HOW TO LOG MILES MANUALLY

Logging your miles manually to the official RunSignUp leaderboard is quick and easy—your results usually appear within 1–2 minutes.

### STEP 1:

Go to the [Race for Rescues Leaderboard](#) on RunSignUp.

### STEP 2:

Click your division - 50 or 100 miles and

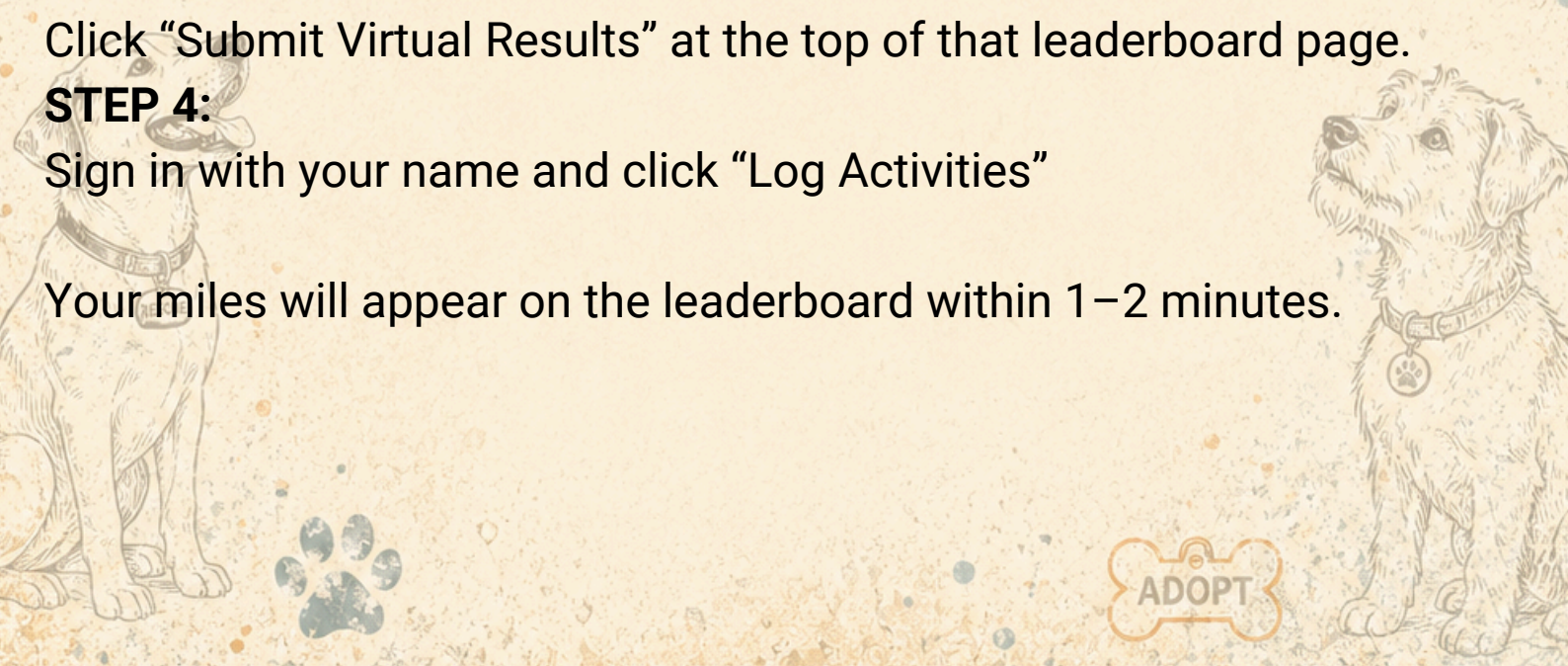
### STEP 3:

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

### STEP 4:

Sign in with your name and click “Log Activities”

Your miles will appear on the leaderboard within 1–2 minutes.





# HOW TO USE RACEJOY APP

- **Download RaceJoy** from the Apple App Store or Google Play Store.
- **Open the app** and search for the Race for Rescues Challenge.
- **Claim your participant profile** using the same information (name, email or bib number).
- **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, or hike. You can use other apps, like Strava, simultaneously.
- **Finish your activity**, and RaceJoy will automatically upload your miles to the official Race for Rescues 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](mailto:support@racejoy.com)

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

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# PACKAGES & SHIPPING

Your race package will be shipped in August 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 \$10 minimum.

## **Each package will include:**

- Your Race for Rescues Finisher's Medal
- Your “Miles that Matter” Backpack
- Your Dog Collar medals (if you ordered them)
- Personal Thank You & Discount card from us
- Any extra items you ordered at the time of registration

## **THE MILESTONES**

As you log your miles, you'll receive milestone emails from RunSignUp along the way.

Each milestone highlights an incredible Pasadena Humane adoption story, along with simple ways you can help support animals in need. You're welcome to share these stories on social media, or simply carry them with you as a reminder that every mile you complete helps give a voice to vulnerable animals.



PASADENA  
HUMANE



# IT'S ALMOST TIME ★ TO GET THIS ★ **PAWty** STARTED!

★ Race for Rescues 50 & 100 Mile Challenge

≡ Get ready to run, walk, hike, and help animals in need. ≡



♥ Your miles will make a difference. ♥