

2022 DOG JOG

150 Mile Challenge



#

Event Details & Instructions



Welcome to the 2022 DOG JOG Challenge!

GENERAL INFO

WHERE:

This a virtual event and you and your doggo(s) can complete the 150 miles from any location in the world.

WHEN:

The Challenge begins Saturday, September 3rd and finishes Saturday, December 3rd.

SHIPPING: The Finisher's Medals and leash packages will be starting Friday, Sept 16 and will be sent out in batches of 200. All packages will be shipped by Sept 25th.

SUPPORT:

- RunSignUp - info@runsignup.com
- RaceJoy App - support@racejoy.com
- Run Life, LLC - info@runlifellc.com
- Emergencies: Text 760-585-6631
- Event Webpage: <https://www.runlifellc.com/2022dogjog>



TRACKING MILES

You can start tracking and logging miles on Sat, Sept 3 @ 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.

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 choose either one or use both.

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

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

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

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.*

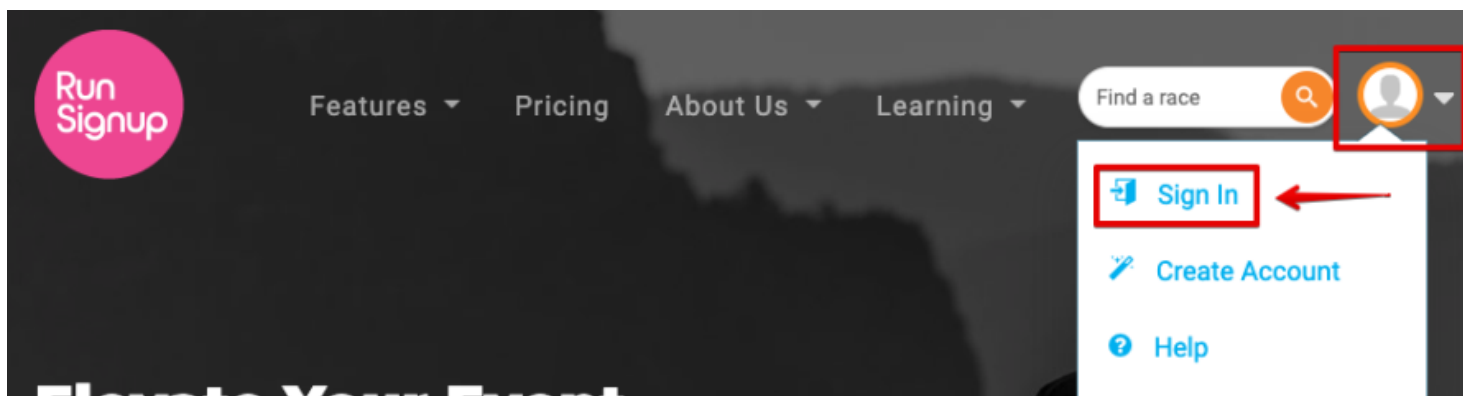
HOW TO LOG MILES MANUALLY

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

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 "2022 Dog Jog" 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 Rock Star Distance Challenge Registrant: Megan McCarthy (Age 40) Bib: 1049	Submit Virtual Results Manage Registration Resend Confirmation Contact Race View Race Page View Digital Bib
 1 JAN 2022 12:00am PST	2022 CHALLENGE Anywhere, OR 97411 US Event: All Activity - TEAM Registrant: Megan McCarthy (Age 41) Bib: 3168	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

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. The last day to log miles is December 3, 2022 at 11:59pm PST.

John Smith: Virtual 5K

Results will be accepted from Tuesday October 22, 2019 12:00:am EDT to Thursday September 10, 2020 11:59:pm EDT. [Click here](#) for additional details.

Enter Your Time * 00 : 00 : 00 HR MIN SEC	Distance in Miles <input type="text"/> miles
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Only allow me to post results when logged in as [kevin.lai@runsignup.com](#).

If unchecked, you will also be able to post results if you enter the E-mail address or last 4 digits of the phone number you registered with.

Submit Activity

You can [view results here](#). Please note that it may take some time before your submitted results are displayed.

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 "2022 Dog Jog" event in the app through the search feature at the top or "list of races"

STEP 4: Click on the "2022 Dog Jog" 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

TRACKING MILES on the App:

STEP 1: Open the app and select "My Races". Then, select the "2022 Dog Jog"

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 (they are working on one). 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.

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 2022 Dog Jog 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

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

BIB Numbers & Finisher's Certificates

Go to <https://runsignup.com/> to sign into your profile. Once logged in, scroll down and find the 2022 DOG JOG 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.

The screenshot shows a navigation bar with four tabs: "Upcoming Events" (highlighted in blue), "Past Events", "Results", and "Deferrals". Below the navigation bar, there is a card for the "Coach's Oats Challenge" event. The card includes the RunLife logo, the date "27 NOV 2020" at "12:01am PST", and event details: "Anywhere, OR 11111 US", "Event: 100 Mile - SOLO", "Registrant: Megan McCarthy (Age 40)", and "Bib: 1433". On the right side of the card, there is a list of action items: "Submit Virtual Results", "Manage Registration", "Resend Confirmation", "Contact Race", "View Race Page", and "View Digital Bib". A black arrow points to the "View Digital Bib" link.

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 ACTIVITES

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 2022 Dog Jog

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 & Leash packages will be shipped by Sept 25th. 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 dog's BADASS Finisher's Medal for collar
- Hands-free leash
- Ultima Replenisher Sample Hydration Pack
- 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 count after Sept 3rd at 12:00pm PST. You can't log miles from before the event started.
- If someone else takes your dog for a walk, that doesn't count towards the miles.
- If your dog runs around the dog park, that doesn't count towards any mileage.
- You can use both the manual and syncing options throughout the challenge.

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 **DOG JOG PHOTO ALBUM** on RunSignUp:

<https://runsignup.com/Race/Photos/OR/Anywhere/2022DogJog>

THE CAUSE

This challenge is a fundraiser for the **Animal Love Rescue Center** in Costa Rica! They are an incredible organization making a massive positive impact on the lives of so many doggies and other animals. It is their mission to create **a loving home to all the unwanted animals - abandoned, stray, sick, malnourished, injured, abused, and neglected.** They are currently housing and caring for 500+ dogs.

So far, we have raised over \$6,200 that will go directly to the care of the dogs that need it the most at their rescue center. In addition to the funds raised on our registration page, a portion of your entry fee will be donated as well!

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, your doggo(s), and their sample pack! There will be a BIG PRIZE for the best photos!





Good luck, everyone!
Time to get this PAWty started