

How to submit your Virtual 5K or 30K race results

The ATB Virtual Race period is March 1 - March 27, 2022. You can complete your race any time during this race period. Results must be submitted by **March 27, 2022** to receive your race package. Packages will be sent within a few weeks after the race period. Complete virtual race details at [BayRace.com](https://www.bayrace.com)

Below you'll find detailed instructions and FAQs on how to track your participation using **one of the following two ways:**



OPTION 1: TRACK WITH THE RUNKEEPER APP



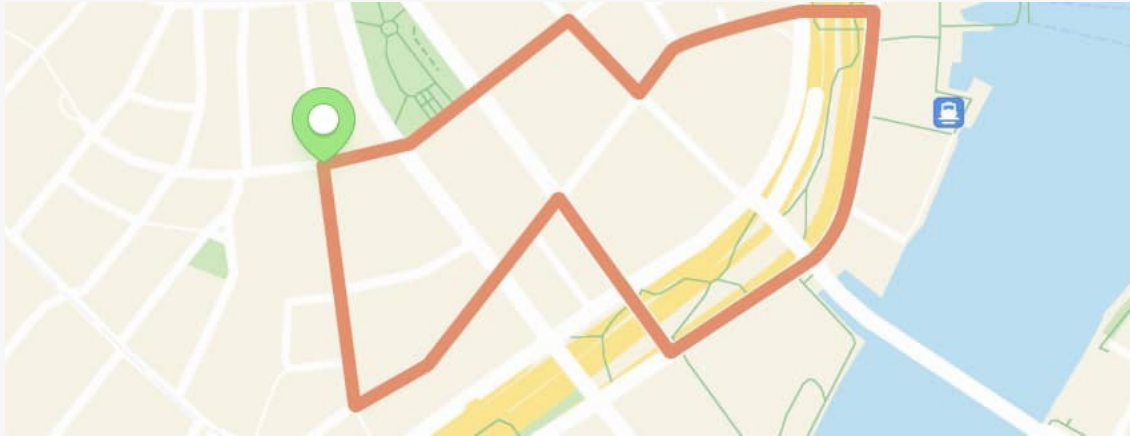
Step 1: Connect your registration

On your **mobile device**, [download the app](#) and add your virtual race(s) by clicking the button below.

[**Log into personal dashboard**](#)

Step 2: Once logged in, click the "*connect to my app button*" for every virtual distance you are completing.

Step 2: Once connected, record your participation.



Ready to participate? Read the following article on how to start your race: [How do I use ASICS Runkeeper™ app to track my virtual run and make sure my results show up on Race Roster](#)



OPTION 2: MANUALLY POST RESULTS

If you plan to record using another software or tracking device and need to post manually, simply head to [the results page](#) and “Submit Virtual Result”.

Your **confirmation number** and last name can be used to confirm your registration before submitting your results.

[View results](#)

You can also visit this page to view posted results!



- **Multiple event distances or participants under one Race Roster account**

If you signed up for more than one distance within the same event, or signed up multiple individuals for the same event, please visit your [Race Roster dashboard](#), select this event and then use the “**Connect to App**” button for each event distance or person. To send to a friend, copy and paste that connect to app button link and share it with them.

- **How to record your participation with the Runkeeper app**

To record your participation with the Runkeeper app, you will need to track your activity using your phone or with a connected wearable. You can follow these [step-by-step instructions \(with images\) on how to track your participation using the ASICS Runkeeper app](#).

- **Tracking with your Fitbit, Garmin, or Apple Watch**

You can track your participation using your Fitbit, Garmin, or Apple Watch earlier. You must download the Runkeeper app and connect your device prior to starting your activity. [Follow these steps](#) to add your [Fitbit](#), [Garmin](#), or [Apple Watch](#) activity to the Runkeeper app.

- **How to ensure your activity is tracked correctly**

Please make sure you run the full distance (to the decimal point) to ensure your result is posted.

Note: If you run farther than the required distance, the Runkeeper app will post your fastest segment.

- **How to manually post your results on Race Roster**

Follow these [steps to manually post your results on Race Roster \(not using the app\)](#).

- **Limitations to note**

At this time, the Runkeeper app is unable to link to Suunto, Coros or Polar, but you can use your iPhone or Android.



#ATB2022