How to Post Results for the Virtual 5K, Virtual 10K, Virtual 15K or Virtual 30K that are not in the Hammer Hybrid or Virtual Hammer.

These instructions are for individual virtual races, <u>not</u> for posting races within the Hammer Hybrid or Virtual Hammer.

We've partnered with Race Roster to help you upload your individual virtual results.

Below you'll find detailed instructions and FAQs on how to track and submit your virtual participation.

The ATB Virtual Race period is **March 1 - March 31, 2024**. You can complete your race any time during this race period. Results must be submitted by **March 31, 2024** to receive your race package. Packages will be sent within 4-6 weeks after the race period. If results are not submitted, packages are **<u>not</u>** automatically sent. Complete virtual race details at BayRace.com.

Here are detailed instructions and FAQs on how to track your participation using **one of the following two ways**:

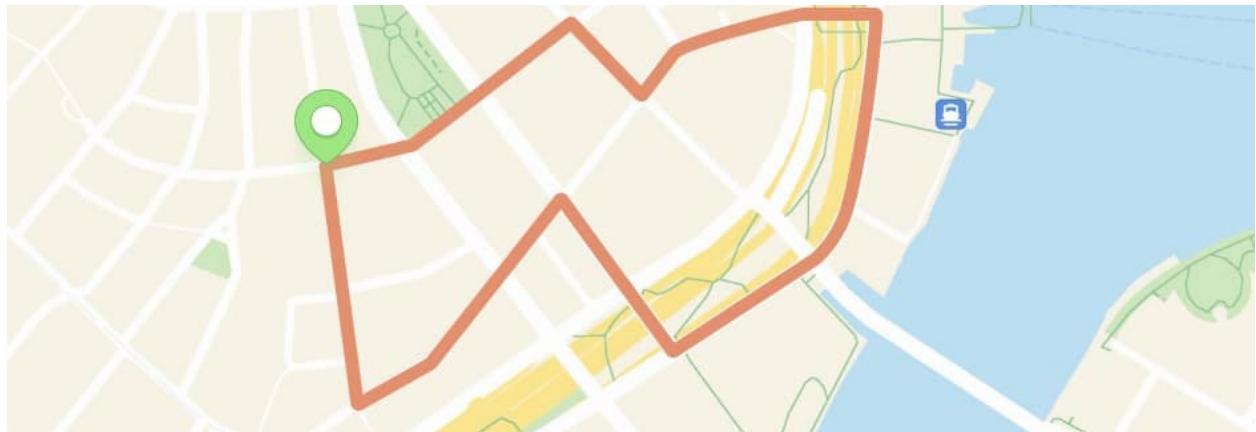**asics** *Runkeeper*

OPTION 1: TRACK WITH THE RUNKEEPER APP

YOU

Step 1: Connect your registration

On your **mobile device**, download the app and add your virtual race by clicking the button below.

Add event to app

Step 2: Record your participation

You can use any route for your virtual race. It does not have to be the Bay Race route.

You can complete your virtual race on the treadmill if you wish.

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** **(link will be activated on March 1, 2024)** and **"Submit Virtual Result"**.

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

View results

You can also visit this page to view posted results!

PLEASE NOTE RESULTS LINK WILL BE ACTIVATED ON MARCH 1, 2024

ADDITIONAL INFORMATION

- **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.