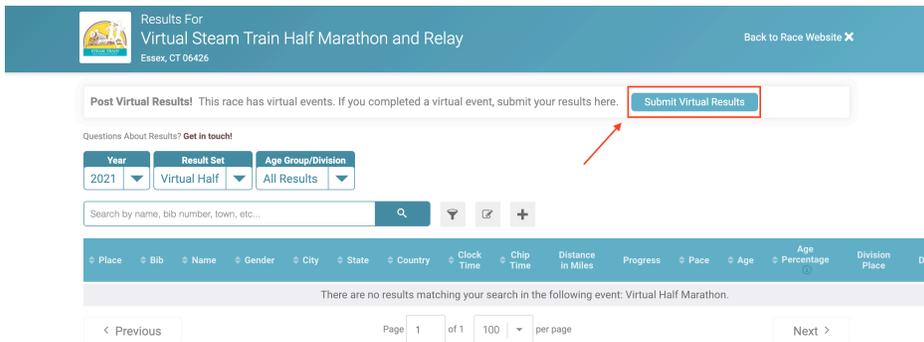


It's Race Week!! Who is ready to get out there and get running???

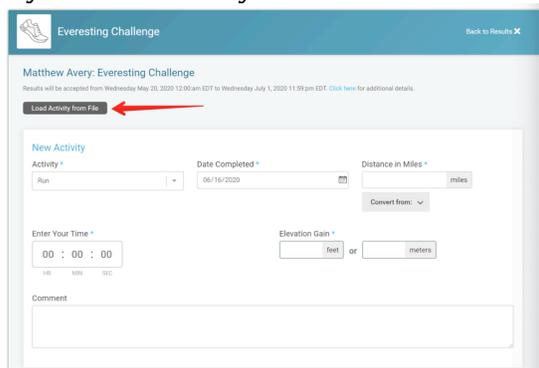
Need to submit your virtual results! Here's a primer on how to do that. You should receive an email from RunSignUp with a link to where you can submit your results, but you can also submit results from the Virtual Steam Train Half Marathon and Relay's RunSignUp Home Page. Just click "More" and then click on "Results".



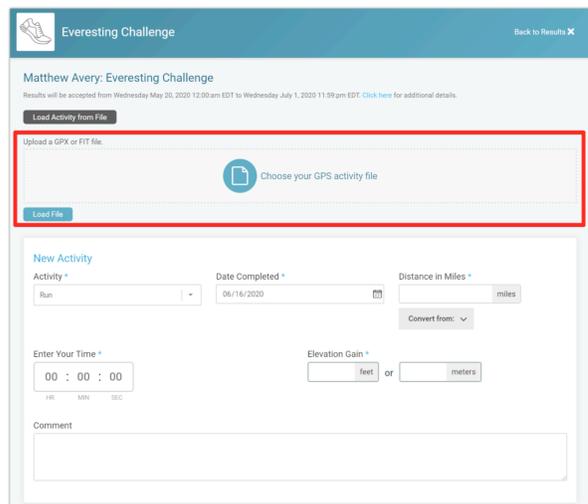
That will take you to the Results page where you'll see the link to submit your results.



The easiest way is by uploading a GPX or FIT file. To be eligible for the cash prize, your results need to be submitted this way. If you use Garmin, Strava, MapMyRun, Runkeeper, or many other tracking tools, you should be able to download your run as a GPX or FIT file. When you're logging your activity, there will be a button that says "Load Activity From File".

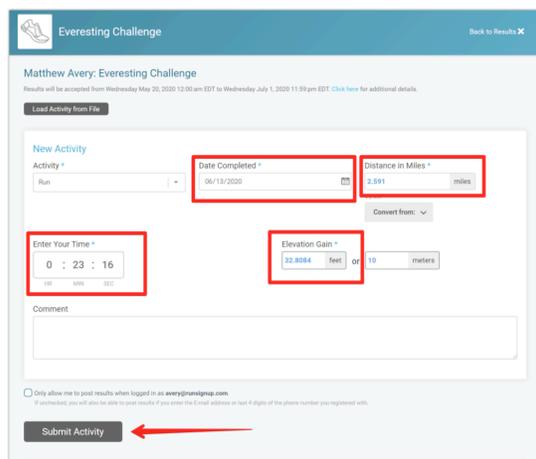


Click that and a panel will slide out allowing you to browse for a file on your computer or mobile device.



The screenshot shows the 'Everesting Challenge' page for Matthew Avery. A red box highlights the 'Upload a GPX or FIT file' section, which includes a 'Choose your GPS activity file' button and a 'Load File' button. Below this, the 'New Activity' form is visible with fields for Activity (Run), Date Completed (06/16/2020), Distance in Miles, Enter Your Time (00:00:00), and Elevation Gain.

Once you select your file, it should fill in all the relevant fields for you. Then all you have to do is click Submit!



The screenshot shows the 'New Activity' form filled out with data from a file upload. The fields are: Activity (Run), Date Completed (06/13/2020), Distance in Miles (2.591), Enter Your Time (0:23:16), and Elevation Gain (32,8084 feet or 10 meters). A red arrow points to the 'Submit Activity' button at the bottom of the form.

You can also enter results manually. To do this just fill in the relevant fields with your data and hit "Submit"!

If you have any questions, feel free to shoot us an email over at steamtrainhalfmarathon@gmail.com.