

# How to Log your Kilometres for the 416 Run Challenge

1. Login to your [dashboard](https://raceroster.com/signin) (https://raceroster.com/signin) as a Participant.
2. On your Participant Dashboard go to your dashboard for the Virtual Challenge that you're participating and click + Add activity.

The screenshot shows the Race Roster website interface. The top navigation bar includes the 'RACE ROSTER' logo and a user profile dropdown labeled 'Your Name'. A left sidebar contains navigation options: 'All events', 'All transactions', and 'Search for events'. The main content area is titled 'Toronto Women's 416 Run Challenge' and features a circular logo with 'Toronto Women's 416 Run Challenge' text. Below the logo, it states 'Toronto Women's 416 Run Challenge' and 'Thu, September 10, 2020', with buttons for 'Event page' and 'Event store'. A 'Contact info' section lists 'Toronto Women's Run Series' with a phone number '+1 416-488-3131 ext. 1', a website URL 'http://towomensruns.com/events/416runchallenge', and an email 'info@towomensruns.com'. The right-hand side of the page is divided into 'Registration details' and 'Event info' tabs. Under 'Registration details', it shows '416 Run Challenge' with 'Confirmation No. 100'. The 'Personal details' section lists 'Name: Your Name', 'Email: Your Email', and 'Phone number: +1 XXX-XXX-XXXX', with a '+ Show more' link. The 'Additional details' section has a '+ Show all' link. The 'Products' section lists '416 Run Challenge Welcome Kit: Free shipping within Canada (included in your registration fee) (quantity: 1)' with links for 'View waiver acceptance' and 'Download waiver acceptance'. The 'Virtual challenge' section is titled '416 Run Challenge' and says 'View challenge progress and add your activities!', featuring a prominent '+ Add activity' button and a 'Challenge dashboard' button, along with a 'Leaderboard' link. The 'Fundraising' section shows 'Raised: CA\$0.00' and 'Goal: Not set', with an 'Edit page' link and social media icons.

3. You will then be directed to the activity submission page where you will want to enter the date you completed the activity and the distance/unit of your activity.

The banner features the 'Toronto Women's 416 Run Challenge' logo on the left. The text reads 'Toronto Women's 416 Run Challenge - Results' followed by 'Thursday, September 10, 2020', 'Toronto', and social media share icons for Facebook and Twitter.

**Post your activity**

Use this section to add activities to your challenge. Please include the date of the activity as well as the distance achieved.

Your Name - 416 Run Challenge

Date of activity \*

  

Distance \* Unit \*  
 Kilometres

Screenshot  
Accepted file types are .jpg, .png, .gif. Max file size 2MB.  
 No file chosen

I have read and agree to the [terms of service and privacy policy](#) \*

4. Once you have submitted an activity you will be then be taken to your challenge dashboard where you can see your completed activities, statistics, where you currently are on the route, and post an activity.

**Toronto Women's 416 Run Challenge - 416 Run Challenge - Results**  
Thursday, September 10, 2020 Toronto Share:

**KT**  
Your Name - Female  
Toronto, ON, CA  
416 Run Challenge  
0% completed

Distance achieved: **0km**    Distance remaining: **416km**    Distance goal: **416km**

**Post an activity**  
Submit your activities towards the Toronto Women's 416 Run Challenge challenge. Once you've submitted your activity, the leaderboard will be updated to reflect your current standing.  
[Post an activity](#)

**Leaderboard** →  
**Edit result** →

**Challenge tip!**  
Average 19 km a day to reach your goal by the end of this challenge!

**Activities**  
Challenge start date: Sep 3, 2020, 12:00:00 AM    Challenge end date: Dec 31, 2020, 12:00:00 AM

**Map**    Satellite  
Map showing the challenge route around Toronto and surrounding areas (Aurora, Markham, Mississauga, etc.).

*Women Run Toronto.*

5. You can also post an activity by going to the leaderboard on your challenge dashboard.

**Toronto Women's 416 Run Challenge - 416 Run Challenge - Results**  
Thursday, September 10, 2020 Toronto Share:

**Post an activity**  
Submit your activities towards the Toronto Women's 416 Run Challenge challenge. Once you've submitted your activity, the leaderboard will be updated to reflect your current standing.  
[Post an activity](#)