

Step 1: Go to runsignup.com

Step 2: Select the Circle next to the “find a race” and sign in to your account

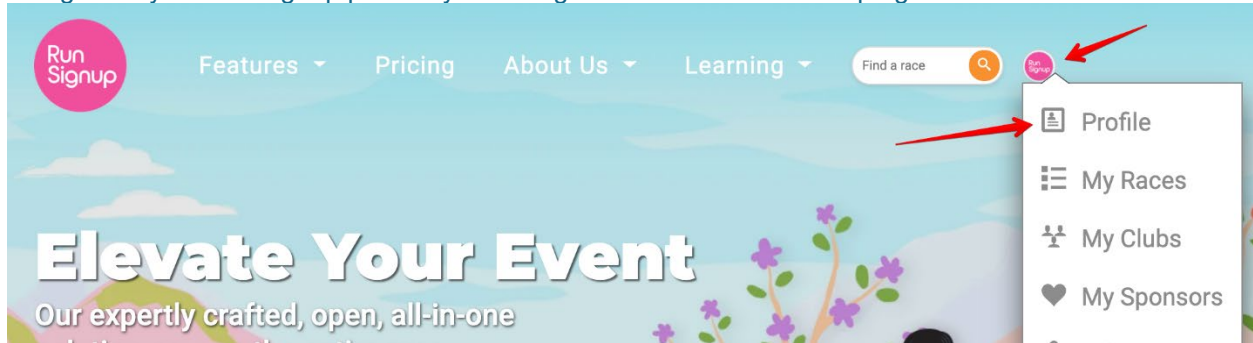
(You'll use the same email you registered with, if you forgot your password select “Forgot Password”)

Step 3: After you've signed in, under Upcoming Events select ‘Submit Virtual Results’

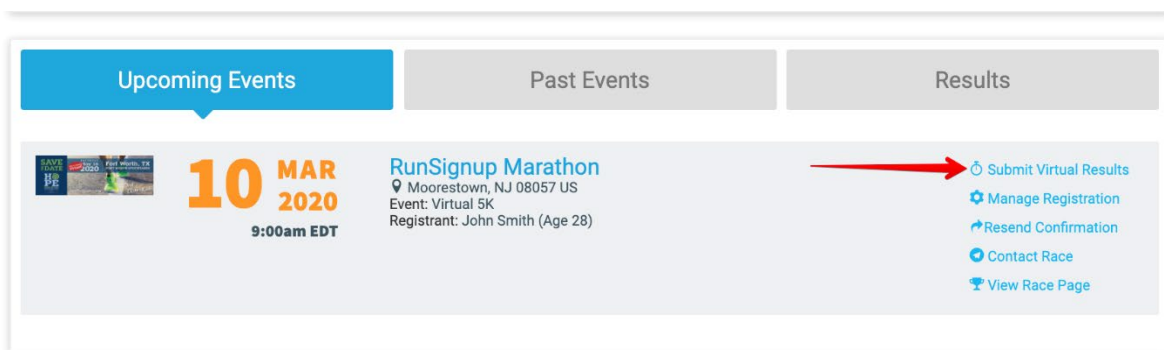
Step 4: Enter your time and distance

Step 5: Submit Activity

Navigate to your RunSignup profile by selecting the Profile Icon at the top right hand corner



Under your Upcoming Events > Select Submit Virtual Results > Enter in your Time > select Submit Time



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 Distance in Miles miles

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.