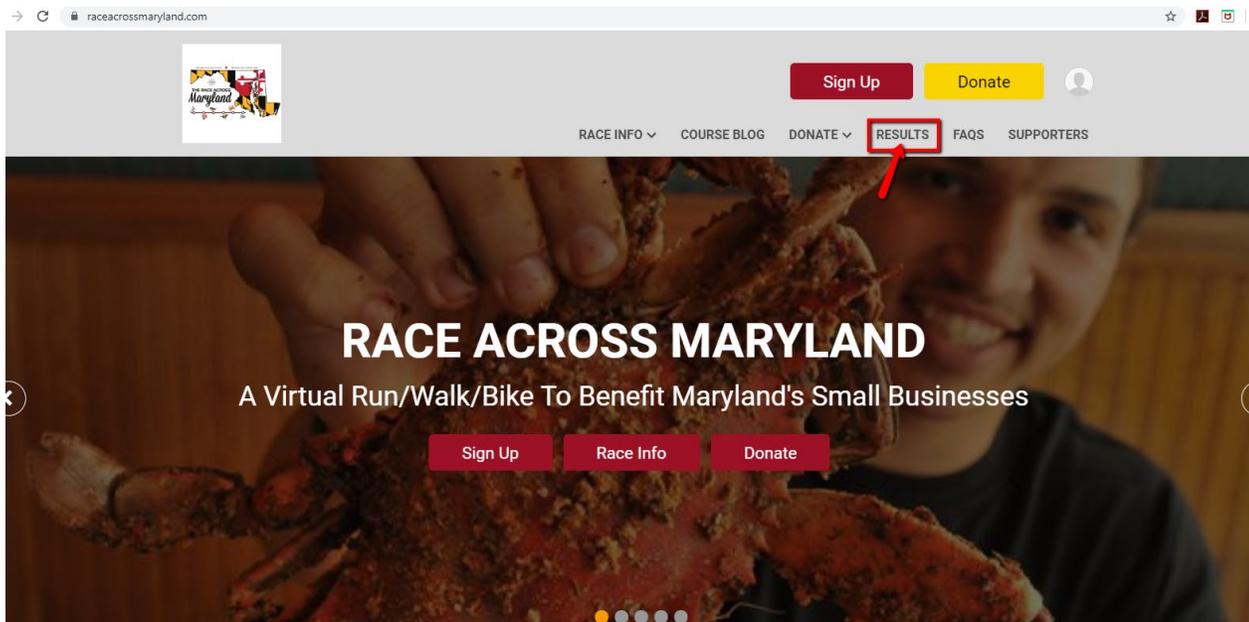


SUBMITTING YOUR RESULTS

Starting on June 15, you can begin to Log your Activities for the Race Across Maryland. This is simple to do by following these steps:

1. Visit www.raceacrossmaryland.com and click the RESULTS tab on the top of the page.



2. Look Yourself up by Name or by Email and Date of Birth

Race Across Maryland
Mon June 15 - Mon August 31, 2020
Anywhere, MD US 21075

[f](#) [t](#) [i](#) [@](#)

Participant Lookup

Search By Name OR Search By E-mail Address

First Name *

Last Name *

E-mail Address *

Date of Birth *

3. Click on the LOG ACTIVITY Button

Find A Participant

BIB NUMBER	NAME	EVENT	REGISTRATION DATE	OTHER DETAILS
1440	Chris Tomlinson More Details	Run Across Maryland West to East (250 miles over 60 days) Log Activities	May 9, 2020 at 7:07pm EDT	Gender: M Age: 48 City: Elkridge, MD US

[Lookup Someone Else](#)

4. Now you can log your miles for the day.

Chris Tomlinson: Run Across Maryland West to East (250 miles over 60 days)

Results will be accepted from Wednesday June 10, 2020 12:00:am EDT to Monday August 31, 2020 11:59:pm EDT. [Click here](#) for additional details.

New Activity

Activity * Date Completed * Distance in Miles * miles

Convert from:

Enter Your Time

HR MIN SEC

Comment

[Submit Activity](#)

- Under ACTIVITY you can select: Run, Walk or Treadmill; or Rode Inside, Rode Outside or Elliptical.
- Provide the DATE of the activity. NOTE: You will be able to log activities for past dates if you forgot to submit your mileage.
- Input your distance in MILES. If your tracker calculates mileage in KM or another, the system can convert it for you.

- d. Enter your TIME (optional). You are not required to provide a time but the system will track your time if you wish. Times will be listed in the results but sorted by total distance.
- e. Add a COMMENT (optional). This is not a requirement but will be added to your results page so you can look back on the memories of that activity. Add things such as who you ran with, the weather, or details about the location. *(It was a really hot day on the Magruder Branch Trail. My wife and I did 3 easy miles in the AM before the storm came.)*
- f. Be sure to click the SUBMIT ACTIVITY button when you are done. (You will be able to edit previous submissions later on if needed.)

5. You can see anyone's Results by searching their name in RESULTS LISTING. There will be different Results Sets for each distance and mode of transportation so be sure to search the correct set.

The screenshot shows the 'Results' page with the following elements:

- Results** header with a link for 'Questions About Results? Get in touch!'.
- Filters for **Year** (2020) and **Result Set** (Run/Walk (250 mi)). A blue box highlights these filters, and a blue arrow points to the 'Result Set' dropdown.
- A search bar with the placeholder text 'Search by name, bib number, town, etc...' and a search icon.
- A table header with columns: Place, Bib, Name, Gender, City, State, Distance in Miles, Progress, Time (optional), Pace, Age, Age Percentage, and Social Team Name.
- A message: 'There are no results matching your search in the following event: Run Across Maryland West to East (250 miles over 60 days).'.
- Navigation buttons: '< Previous', 'Page 1 of 1 100 per page', and 'Next >'.

NOTE:

- Your results and times will be public and any one will be able to see your progress, time and your comments.

6. Social Teams will be able to view their groups times on a Group Detail page by clicking on their team name in the Results Listing.

Results
Questions About Results? [Get in touch!](#)

Year: 2020 | Result Set: Run/Walk (250 mi)

Search by name, bib number, town, etc...

Place	Bib	Name	Gender	City	State	Distance in Miles	Progress	Time (optional)	Pace	Age	Age Percentage	Social Team Name
1	1440	Chris Tomlinson	M	Elkridge	MD	93	37.2%	11:40:00	7:32	48	94.0	Noble Ridge Terrors

< Previous | Page 1 of 1 | 100 per page | Next >

Group Details ▾
Total Distance in Miles: 93 miles

Join & Share ▾
[Join Social Team](#)

Group Members

NAME	GENDER	AGE	LOCATION	TOTAL DISTANCE IN MILES
Chris T.	M	48	Elkridge, MD	93 miles
Gina H.	F	41	Gaithersburg, MD	0

7. You can see your progress by visiting the RESULTS page, searching your name and clicking on your name in the Results Listing.

Your Personal Results Page will tally your distance and time from each activity. You can track your percentage of the goal complete, your cumulative distance and time as well as your pace per mile.

Chris Tomlinson
Run Across Maryland West to East (250 miles over 60 days)
Male Age 48 Elkridge, MD

1440 BIB
Certificate

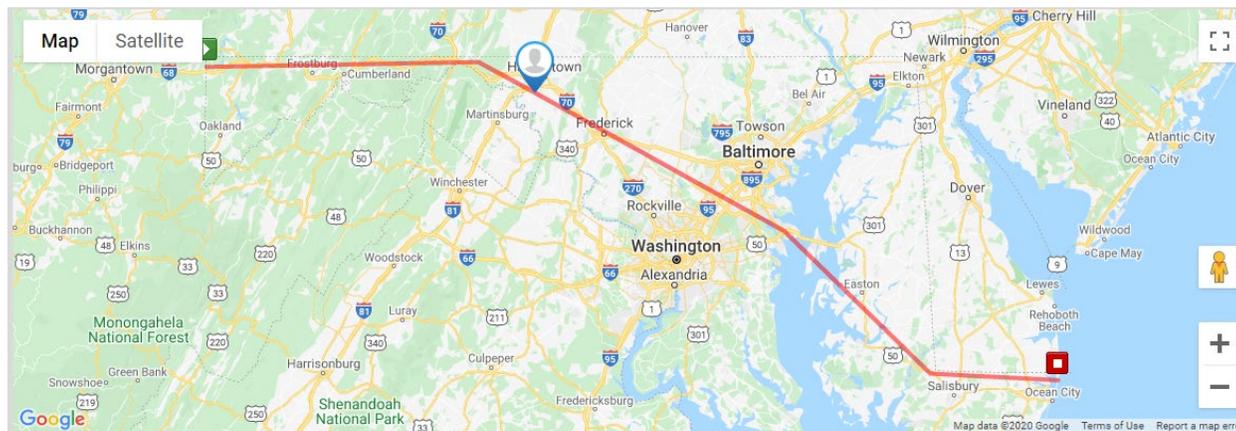
90 of 250 miles
Progress 36%

DISTANCE IN MILES	GUN TIME	PACE
90	11:20:00	7:33
OVERALL		
1 of 1		

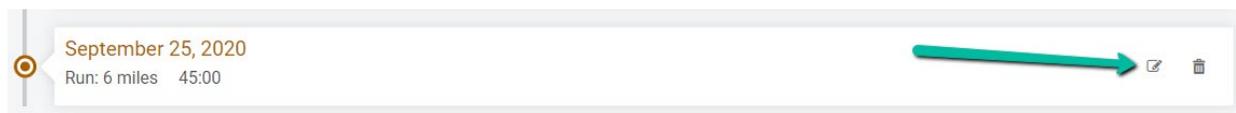
Activities Log Activities

- June 16, 2020
Run: 3 miles 20:00 Cool Down Day just to stretch my legs after a hot one on Monday.
- June 15, 2020
Run: 10 miles 3:00:00
This was my virtual run for the Baltimore 10-Miler. It was a hot and humid day but I did the original B10 course. Fair but Hilly!!
- May 29, 2020
Walk: 50 miles 5:00:00 I had a good day on the App Trail
- May 27, 2020
25 miles 3:00:00 Did a marathon today!
- May 26, 2020
Run: 5 miles 20:00 Walk with the wife

8. You can also see your progress along a map based on your submitted results to date.



9. You are encouraged to add your activities *each day* so you can track your daily progress and unlock milestone badges along the way. However, you can enter activities at any time between July 15 and August 31. If you make a mistake or need to edit a previous activity, click on the pencil icon on the activities page.



Share this Page



URL: <https://www.raceacrossmaryland.com/Race/Results/91285/IndividualResult/KxZF?resultSetId=254210#U16616589>

     0

We encourage you to share your personal results page on your social media sites so others can follow along with your progress and successes! You can use the icons in the very bottom of all pages to share easily.

10. As you move along the route you can earn Milestone Badges that will appear in your Trophy Case.

There are many Milestone Badges you can earn during your journey. Some are based on your distance; some are based on activities and some on time. See if you can earn them all!

These will UNLOCK once you reach various benchmarks during your challenge. We encourage you to share your progress and your Trophy Case on your social media pages to get the praise you deserve.

