## How To Guide SUBMIT RESULTS & CONNECT YOUR WEARABLE DEVICE



You must connect your device before you run in order to use your wearable device for submission.

## **Log Into Your Participant Account**

Inside your participant account you will have access to your registration, event products, and more.

To view your account click **here.** 

## To Add From Wearable

- 1. Connect your wearable device.
- 2. Click on "Your devices" at the top of the screen.
- 3. In the "Manage" tab, click connect under your device.
- 4. You will be prompted to log into your wearable device.
- 5. To submit your time, click on the "Your Registrations" tab.
- 6. Click "Log New Activity" and "Add From Wearable."
- 7. The data from your device will be displayed.
- 8. Click "Select" to choose an activity to submit as your results.

## **To Add Manual Activity**

- 1. Click "Submit Activity" and "Add Manual Activity."
- 2. Enter your time, distance completed and any additional information.
- 3. Click "Submit."



