

Thank you for joining us for the 2024 Pathway to \$150k Run/Walk or Cycle for Scholarships!

Your participation helps students who are pursuing their potential at Cochise College.

When

Distance recording opens: 12 a.m./midnight, Wednesday, March 1. Distance recording closes: 11:59 p.m., Friday, March 31.

Choosing An Event

At registration, you will be prompted to choose either run/walk or cycle. To do both, you have to register twice.

Prize Drawing

You will earn 1 prize drawing entry for every 10 miles walked/run or for every 30 miles cycled. Drawing will be held in person and via Zoom in April.

How to Record

There are two ways you can record your exercise. You don't have to use the same method every day.

1. Use the RaceJoy app on your smart phone (automatic recording to your runsignup.com account).

a. Pros

- i. Once you have set it up and connected it to your race/event, it automatically uploads your distances into the system. There is no need for you to do anything additional.

b. Cons

- i. You have to remember to turn it on when you start exercising and off when you finish. If you forget to turn it off and go for a drive, the extra distance will be recorded. (You can call us if something like this happens, or you can log into your runsignup.com account and fix it by following the manual recording steps and system prompts.)
- ii. Glitches can result if you are using the app in a location where your signal is unstable.
- iii. Use of your phone battery.
- iv. If more than one person signed up using the same phone number, distance will automatically record for only one person.

2. Use a fitness tracker (Fitbit, etc.) and log distances in your runsignup.com account on a regular basis (manual recording). See attached screen shots.

a. Pros

- i. You can log distances as often or as infrequently as you like.
- ii. Depending on the tracking device used, this option more efficiently allows flexibility to include all steps taken in a day.

b. Cons

- i. Logging into runsignup.com is an extra step to take to make sure your distances are recorded.
- ii. If you're not logging your distances every day, you need to write them down or have some way of accessing recent exercise records to record in runsignup.com.

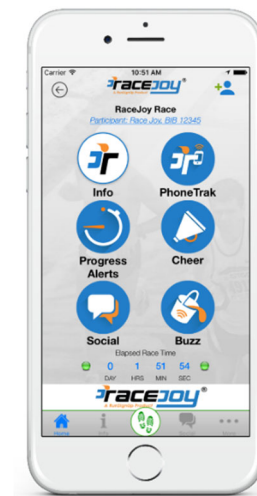
Questions? Call (520) 417-4148. Technical issues are usually resolved. However, we are unable to fix issues related to smart phone/cellular signal performance.

#1 RaceJoy App Automatic Distance Recording

Download RaceJoy for free live participant tracking, cheer sending, and results. Carry your phone and use RaceJoy on race day to add to your experience. Includes: Live phone tracking, GPS progress alerts, send-a-cheer allowing participants and their supporters to send supportive audio cheers from remote family and friends, automatic recording when app is activated and deactivated

How To Set Up

1. Download **RaceJoy** from the App Store or Google Play.
2. Find Race: Click **Featured Races** to access the event you are doing or search by name in the search field.
3. Set Up Tracking: Click **I Want To Be Tracked** and follow the prompts carefully.
4. Ensure Proper **Settings**: Follow RaceJoy's prompts and adjust settings as needed.



How To Use

1. Open the app and click **Track Me**. Make sure to click the green blinking Track Me button to start the tracking of your phone.
2. Click **Start My Race** as you begin to start your personal clock.
3. Click **Finish** when you complete your run/walk or cycling session.
4. **Repeat** these steps the next time you run/walk or cycle.

Note: GPA tracking and progress alerts may be disrupted if there is an issue with connecting to your phone (weak-to-no cell service in the region, use of Wi-Fi, improper setup, battery depletion, etc.)

Apple Phone Settings

1. **Notifications:** Your device's notification must be **ON** for RaceJoy, including Sounds, to receive progress alerts and cheers. Ensure your volume is up.
2. **Location Services:** The device you wish to have tracked must have Location Services **ALWAYS ON** for live phone tracking. Go to Privacy/Location Services to verify.
3. **Background App Refresh:** General phone setting Background App Refresh must be **ON** for GPS tracking to stay enabled.
4. **Do NOT use Wi-Fi:** You may receive a prompt from Apple saying Wi-Fi will improve your location services. Disregard this prompt, and make sure to use your cellular service provider when you turn your tracking on.

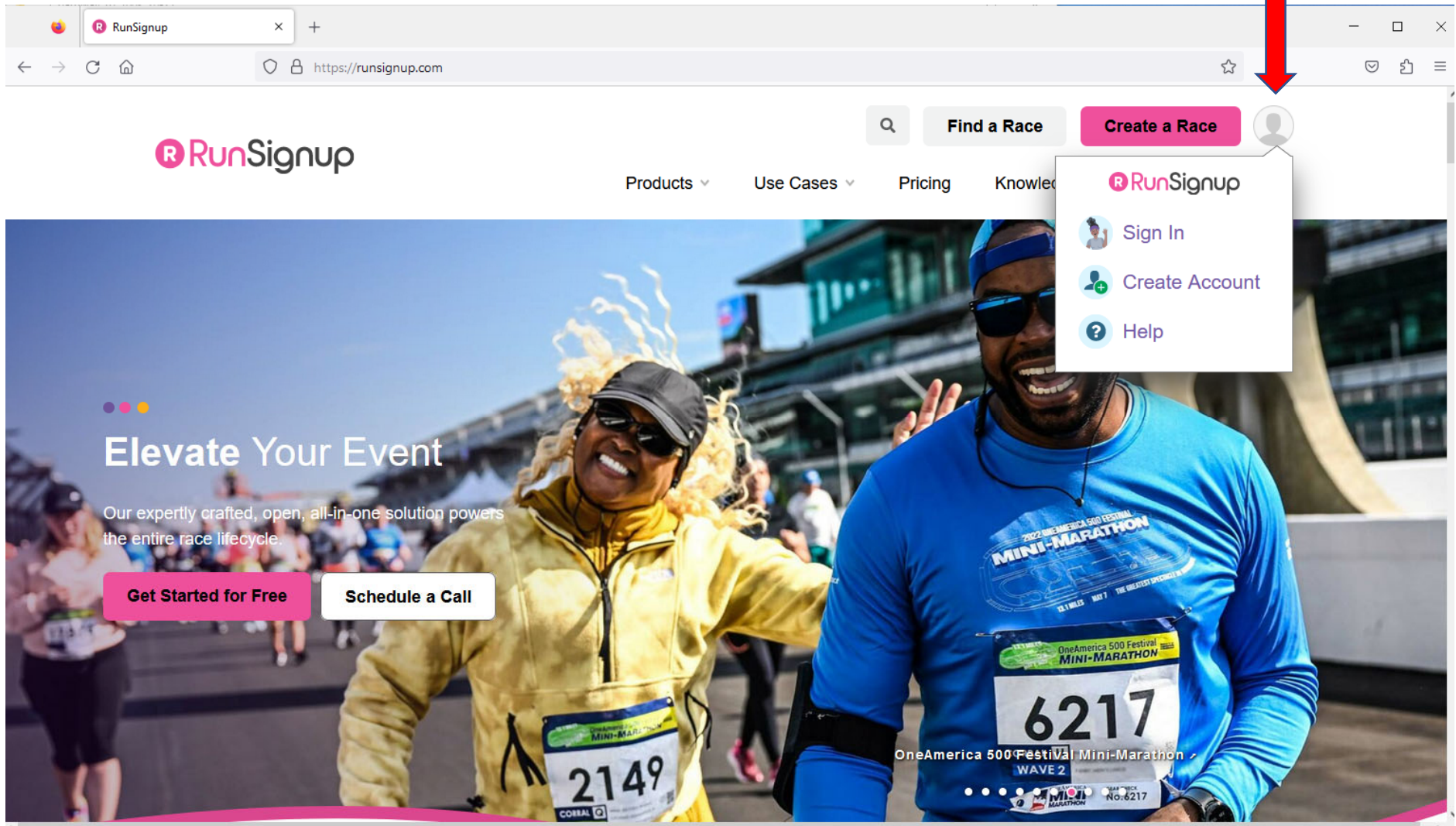
Apple does not allow RaceJoy to override your settings. Ensure these are enabled so that you can experience RaceJoy's mobile features.

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Video Tutorial: https://www.youtube.com/watch?v=0mgnC7d_g0A

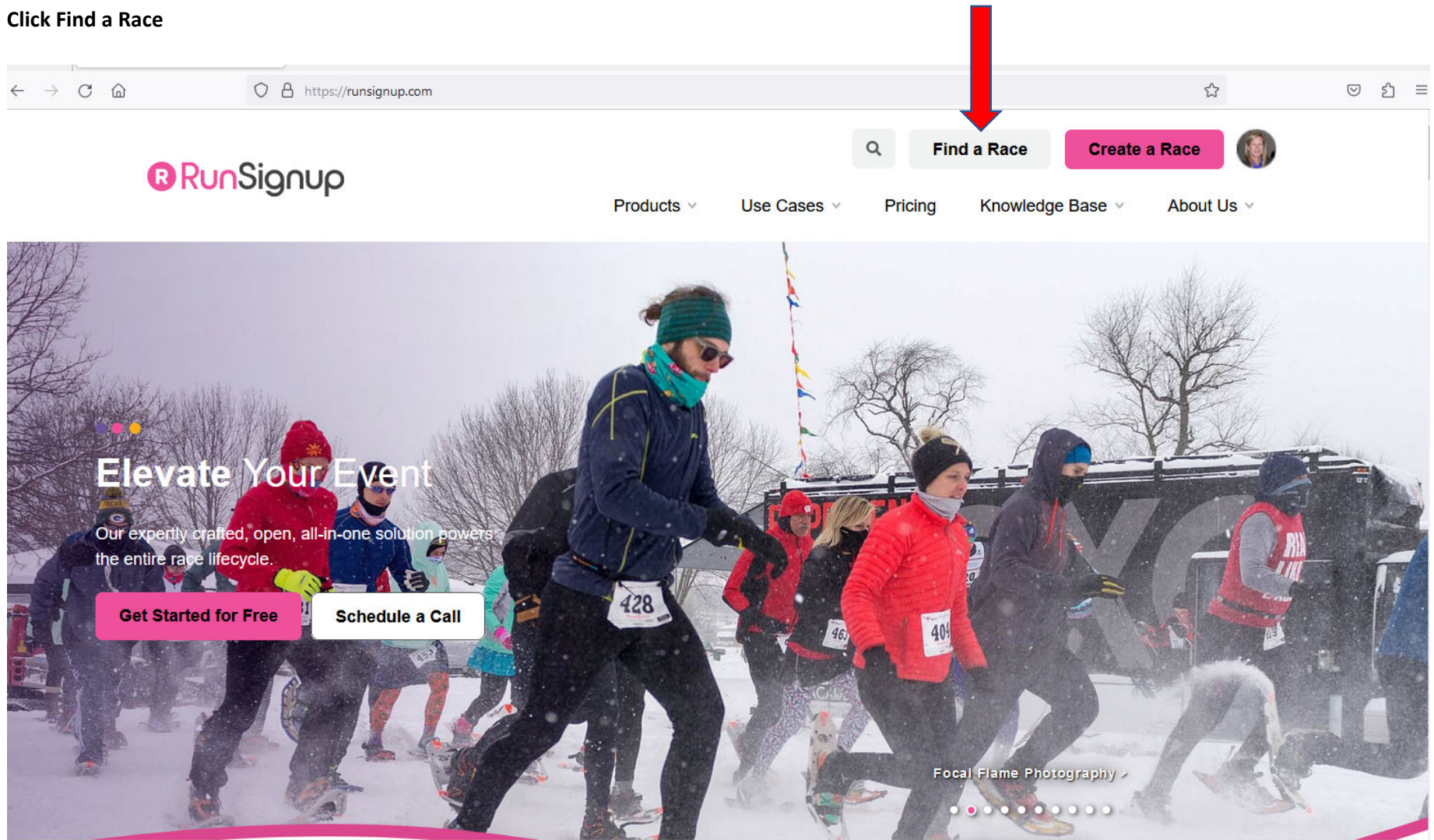
#2 Manual Distance Recording

1. Sign into your runsignup.com account



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2. Click Find a Race



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3. Type Pathway or Pathway to \$150k in the search box and click the magnifying glass to the right or hit enter on your keyboard.



The screenshot shows the RunSignup website interface. At the top, the RunSignup logo is on the left, and navigation links for Products, Use Cases, Pricing, and About Us are in the center. A 'Find a Race' button and a user profile icon are on the right. Below the navigation bar is a large pink banner with the text 'Find an Event'. A red arrow points from this banner down to the search bar. The search bar is labeled 'Search' and 'Advanced Search'. It contains the text 'Pathway' and has a magnifying glass icon on the right. Below the search bar, a dropdown menu shows suggestions: 'Pathway' and 'pathway to \$150k'. Below the search bar is the 'Event Listings' section. It includes a 'Show per page:' dropdown set to '25'. The listings are presented in a table with columns for 'EVENT NAME', 'DATE', and 'LOCATION'. Two events are listed: 'Vancouver Events' and 'Frosty to Fit Challenge'.

EVENT NAME	DATE	LOCATION
 Vancouver Events	Wed 2/1/23	Glen Allen, VA US 23059
 Frosty to Fit Challenge	Wed 2/1/23	Greensboro, NC US 27438

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4. Choose Pathway to \$150K Challenge: Run/Walk/Cycle for Scholarships

The screenshot shows the RunSignup website interface. At the top, there's a navigation bar with the RunSignup logo, links for Products, Use Cases, Pricing, and About Us, a 'Find a Race' button, and a user profile icon. Below this is a large pink banner with the text 'Find an Event'. Under the banner, there are two tabs: 'Search' and 'Advanced Search'. A search bar contains the text 'Pathway'. Below the search bar, the 'Event Listings' section is displayed. A red arrow points to the first event listing. The event listings are shown in a table format with columns for Event Name, Date, and Location. The first event is 'PATHWAY TO \$150K CHALLENGE: Run/Walk/Cycle for Scholarships' with a date of 'Wed 3/1/23' and location 'Douglas, AZ US 85607'. The second event is 'Pathway to Spring 10 Mile & 5k' with a date of 'Sat 4/8/23' and location 'Mt. Pleasant, MI US 48858'.

EVENT NAME	DATE	LOCATION
 PATHWAY TO \$150K CHALLENGE: Run/Walk/Cycle for Scholarships	Wed 3/1/23	Douglas, AZ US 85607
 Pathway to Spring 10 Mile & 5k	Sat 4/8/23	Mt. Pleasant, MI US 48858

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5. Click Find a Participant.

The screenshot shows a web browser window with the URL runsignup.com/Race/AZ/Douglas/Pathwayto150kChallenge. The browser's address bar and tabs are visible at the top. The website header features the Cochise College Foundation logo on the left and a navigation menu on the right with links for CHALLENGE INFO, EVENT INFO, GROUP/TEAMS, FIND A PARTICIPANT, SPONSORS, and RESULTS. A red arrow points to the 'Sign Up' button in the top right corner. Below the navigation menu is a large banner with the title 'Pathway to \$150k: Run/Walk or Cycle' and the subtitle 'Log your miles from March 2024 events and everyday activities, and win prizes!'. The banner includes two red buttons labeled 'Register' and 'Donate'. The background of the banner is a collage of images showing people cycling, walking on a path, and running. The Windows taskbar is visible at the bottom of the screen, showing the search bar, task view button, and several application icons.

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6. Type your name in the search box, toggle through the pages, or change the number of records showing per page.

The screenshot shows a web browser at runsignup.com/Race/FindARunner/?racelid=100525. The page header includes the event title 'PATHWAY TO \$150K CHALLENGE: Run/Walk/Cycle for Scholarships' and dates 'Fri March 1 - Sun March 31 2024'. A 'Sign Up' button and a 'Donate' button are visible. Below the header, a dropdown menu shows 'Total Event Participants: 48'. A search bar with the placeholder text 'Search by name, event, gender, town, etc...' is highlighted with a red arrow. To the right of the search bar is a red 'Search' button. Below the search bar, a 'Search options' dropdown is visible. A table of participants is displayed with columns: BIB, NAME, EVENT, CITY, and STATE. The table lists 10 participants. At the bottom of the table, there is a pagination section showing 'SHOWING PAGE 1 OF 5', a '10 per page' dropdown, and a red arrow pointing left. To the right of the pagination is a red arrow pointing right and a set of page numbers '1 2 3'.

BIB	NAME	EVENT	CITY	STATE
	Alesia Ash	Run/Walk Anywhere Challenge	Sierra Vista	AZ US
	Lynette Bagwell	Run/Walk Anywhere Challenge	Benson	AZ US
	Trudy Berry	Run/Walk Anywhere Challenge	Sierra Vista	AZ US
	Mark Boggie	Run/Walk Anywhere Challenge	Hereford	AZ US
	Theresa Boggie	Run/Walk Anywhere Challenge	Hereford	AZ US
	Angie Bowling	Run/Walk Anywhere Challenge	Sierra Vista	AZ US
	Angie Bowling	Cycle Anywhere Challenge	Sierra Vista	AZ US
	Jason Bowling	Cycle Anywhere Challenge	Sierra Vista	AZ US
	Jason Bowling	Run/Walk Anywhere Challenge	Sierra Vista	AZ US
	Seth Bowling	Cycle Anywhere Challenge	Sierra Vista	AZ US

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7. When you find your name, click More Details. If you have gotten to this point without logging in, you will be prompted to do so.

The screenshot shows a web browser window with the RunSignup website. The page title is "PATHWAY TO \$150K CHALLENGE: Run/Walk/Cycle for Scholarships" with dates "Fri March 1 - Sun March 31 2024". There are "Sign Up" and "Donate" buttons. A notification banner at the top encourages using the RaceJoy app. Below this, a search bar contains the name "hoyos" and a "Search" button. The search results show "Total Event Participants: 48". A table lists participants, with "Denise Hoyos" highlighted. A red arrow points to the "More Details" button next to her name. The table has columns for BIB, NAME, EVENT, CITY, and STATE. Below the table, it says "SHOWING PAGE 1 OF 1" and "10 per page". A footer section contains links for "Challenge Info", "Event Info", "Group/Teams", "Find a Participant", "Sponsors", "Results", "Refund Policy", "Photos", and "Sign Up". The Windows taskbar at the bottom shows the time as 2:35 PM on 12/19/2023.

PATHWAY TO \$150K CHALLENGE: Run/Walk/Cycle for Scholarships
Fri March 1 - Sun March 31 2024

Sign Up Donate

Use the RaceJoy app for advanced tracking of participants and show your support with cheer sending. Participants set up for tracking in RaceJoy and carry their phone as they complete the course. Spectators track participants' actual location in a map view and can send audio cheers. GPS-based progress alerts are typically issued at every mile along the course. Participants need to opt-in for spectators to track them in RaceJoy. [Download the RaceJoy app here.](#)

Total Event Participants: 48

hoyos Search

Search options

BIB	NAME	EVENT	CITY	STATE
	Denise Hoyos More Details	Run/Walk Anywhere Challenge	Douglas	AZ US

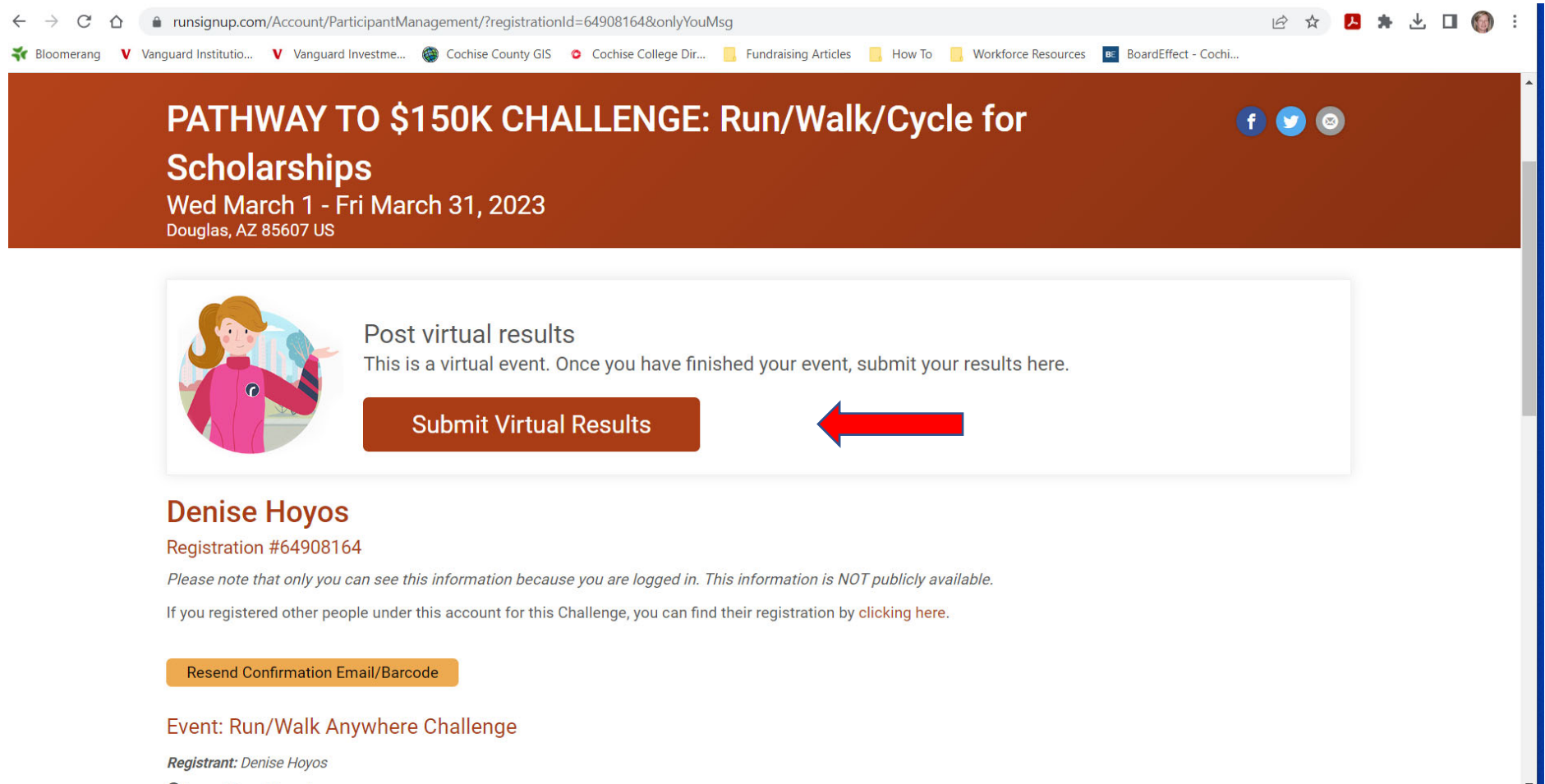
SHOWING PAGE 1 OF 1 10 per page

Anonymous users are not shown in this report.
If you have registered for this Challenge with an anonymous account, you can view your registration(s) by clicking [here](#).

Challenge Info Event Info Group/Teams
Find a Participant Sponsors Results
Refund Policy Photos Sign Up

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8. **Click Submit Virtual.** Clicking Submit Virtual Results prior to 12 a.m. on March 1 or after 11:59 p.m. on March 31 displays “Results are no longer being accepted.”



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9. **Submit Your Results.** Select your activity, identify the date, and insert your distance in miles. If you signed up to cycle, your activity box will show that as the option. You can also upload a GPS activity file (GPX, FIT or TCX file) and enter your time and elevation gain and any comments if you like. Don't forget to click Submit Activity at the bottom of the page.

runsignup.com/Race/Results/100525/ActivityEntry?registrationId=64908164&eventId=653595&overrideResultsDateCheck=T



Bloomerang Vanguard Institutio... Vanguard Investme... Cochise County GIS Cochise College Dir... Fundraising Articles How To Workforce Resources BoardEffect - Cochi...

Results will be accepted from Wednesday March 1, 2023 12:00:am MST to Friday March 31, 2023 11:59:pm MST. [Click here](#) for additional details.

New Activity

 Load Activity from File 

Activity * Date Completed *

  Please select an item in the list.

Run
Walk

miles

Enter Your Time



00 : 00 : 00


HR MIN SEC

Elevation Gain * feet or meters

Elevation gain from uploaded files is estimated from GPS data.

Comment

+ Add Another Activity  Import Activities from CSV file  Lock Account v



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10. Visit the Results page regularly to see how your exercise compares to others. At the top of the page, you can choose to view Individual or Team results.

The screenshot shows a web browser window with the URL `runsignup.com/Race/AZ/Douglas/Pathwayto150kChallenge`. The browser's address bar and tabs are visible at the top. The website header features the Cochise College Foundation logo on the left and navigation buttons for "Sign Up" (red) and "Donate" (dark grey) on the right. A red arrow points to a user profile icon next to the "Donate" button. Below the header is a horizontal menu with links: "CHALLENGE INFO", "EVENT INFO", "GROUP/TEAMS", "FIND A PARTICIPANT", "SPONSORS", and "RESULTS". The "RESULTS" link is highlighted with a red arrow. Below the menu is a dark grey bar with links: "REFUND POLICY", "PHOTOS", and "SIGN UP". The main content area features a large banner with the title "Pathway to \$150k: Run/Walk or Cycle" and the subtitle "Log your miles from March 2024 events and everyday activities, and win prizes!". The banner includes two red buttons: "Register" and "Donate". The banner background is a collage of images showing a person on a bicycle, a person walking on a path, a person running, and a group of people's feet.

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11. Make additional donations! Extra contributions to our cause are always useful for our students!

The screenshot shows a web browser displaying the Cochise College Foundation website. The URL in the address bar is runsignup.com/Race/AZ/Douglas/Pathwayto150kChallenge. The website features a navigation bar with links: CHALLENGE INFO, EVENT INFO, GROUP/TEAMS, FIND A PARTICIPANT, SPONSORS, RESULTS, REFUND POLICY, PHOTOS, and SIGN UP. A prominent banner for the 'Pathway to \$150k: Run/Walk or Cycle' challenge is displayed, with the text 'Log your miles from March 2024 events and everyday activities, and win prizes!'. Below the banner are 'Register' and 'Donate' buttons. A red arrow points to the 'Donate' button in the top navigation bar. The Windows taskbar at the bottom shows the date as 12/19/2023 and the time as 2:29 PM.

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