INSTRUCTIONS FOR ENTERING YOUR SUNRISE STAMPEDE VIRTUAL RACE TIME!

Entering your race time is quick and easy -- here are the instructions:

1. Runners can go to the results page at **www.sunrisestampede.org/results/** then enter their name in the search box at the top of the page and press enter. (Please note that participants will not be able to search and add their time until August 5th after registration closes for the race.)
2. Next to their name in the search results, they will see an "Edit Time" link -- click that (Note: If you entered both distances you will need to enter the time on the appropriate line).
3. A page will open up that will allow them to enter their time. They must also enter their birth date to verify their identity. All times must be entered no later than **Saturday, August 8th at 11:59 pm**.
4. Runners also have the option enter a link to their GPS map if they run with a GPS watch or a tracking app on their smartphone (*this is optional. A GPS link is not required to enter your time*). Supported apps include Strava, Garmin, Fitbit, Polar, MapMyRun, RunKeeper, MovesCount, EndoMondo, SportsTrackLive, and TomTom Sports. If your app is not on this list, please feel free to enter it anyway and the timing company will do their best to add that app functionality to the results page. Please make sure to set the privacy settings for your run to "Public" or "Everyone" so others can view your run.

Go to the Search Box and enter your last name

Click on Edit Time Next to your name

Enter your "Finish Time" and "Date of Birth" (These are required fields. The date of birth is used to verify your identity). GPS Link is Optional. Click on SUBMIT.