STRIDE FOR KAUAI 100-MILE CHALLENGE GENERAL INFO
April 1 - July 31, 2021
www.thekauaimarathon.com

HASHTAG/SOCIAL MEDIA
Stay connected with our TKM 'ohana, as well as your fellow runners by using #strideforkauai on all social media posts! Be sure to follow @thekauaimarathon on Instagram where we will help motivate you to your finish line!

There are two ways to upload your daily mileage. One is manually and the second is using the Race Entry Experience app. Here are the instructions for both.

Manually

Step 1

Simply click on your confirmation email, select "manage your registration" and you will find the button to "submit virtual race results." If you cannot find your confirmation email, please click **HERE** and resend yourself a new confirmation email using the email address that you signed up with.

Step 2

After each run/walk, upload your daily mileage. Once your mileage is uploaded, your progress along the 100-Mile Challenge course will be available on your own personal map of Kauai. You will be given a specific URL, as well as a pin code (located below the Stride for Kauai logo) so that you can share your map and progress with friends and family!

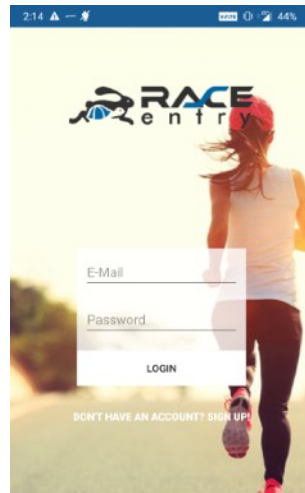## Upload through the Race Entry Experience App

Step 1

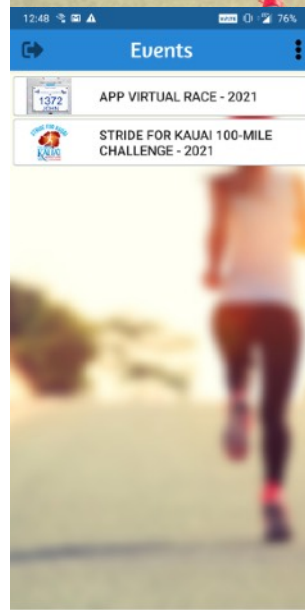Add the Race Entry Experience app to your smartphone. Here is the icon.

Race Entry Experience
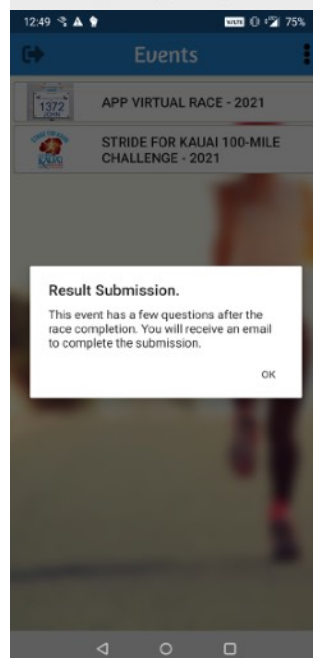Health & Fitness

Step 2

Login to the Race Entry Experience app. If this is your first time launching the app, you will need to follow the instructions to sign up as a new user.
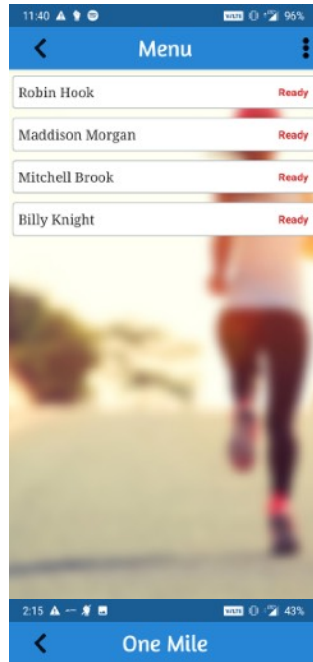
Step 3

The app will list the events that you are signed up for on the Race Entry platform. Please choose the Stride for Kauai 100-Mile Challenge.
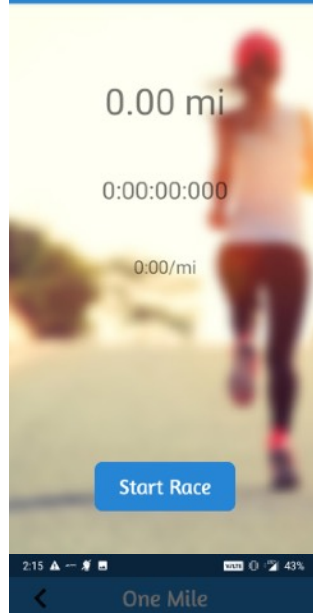
Step 4

You will receive a message letting you know if an event has extra custom questions. Click ok.

Step 5

The next screen shows the list of registrants under your email for a given event. Click on your name to start your run/walk. You will have to share your username and password with everyone that is signed up using your email.
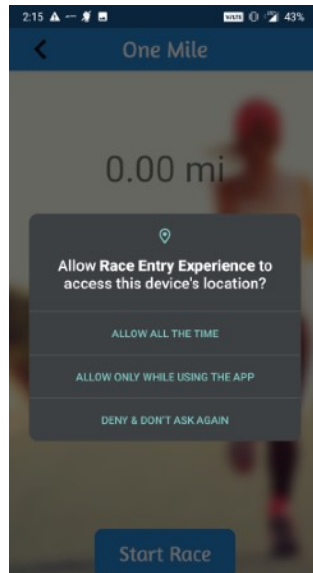
Step 6

You will then be taken to the event tracking page. When you are ready, click "start race" to begin tracking your run/walk time and mileage.
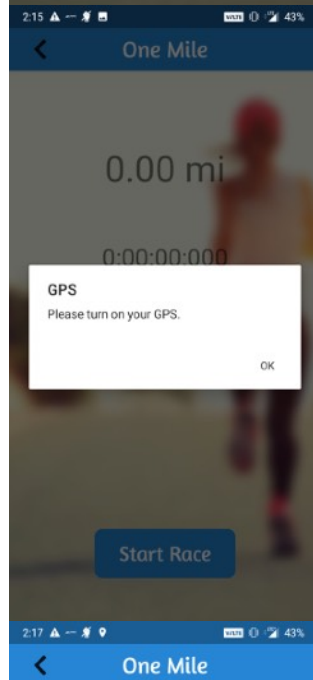
Step 7
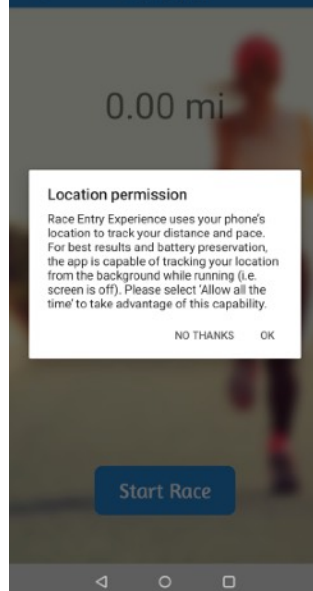
There is a location permission pop-up, if an app has no permissions from the user (usually it's only when you are launching the app for the first time). Click ok.
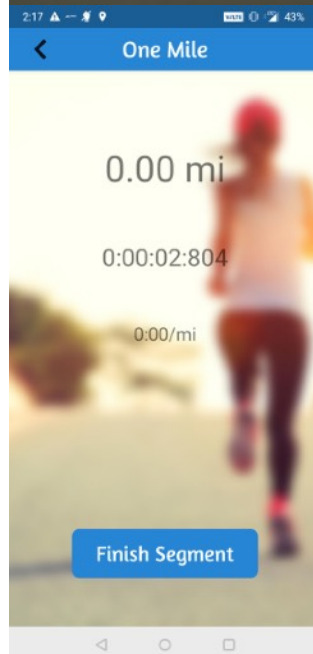
Step 8

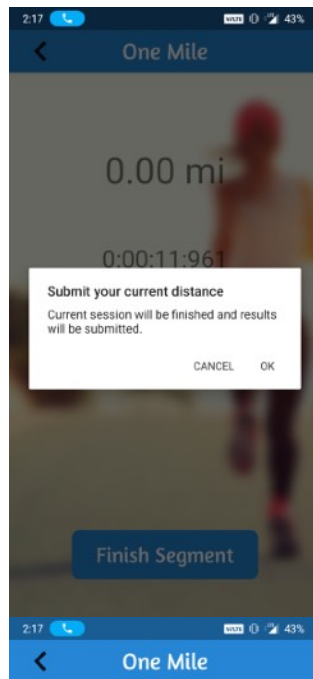Permission request on your smart phone.

Step 9

Pop-up check if user forgot to turn on GPS. Please click ok.
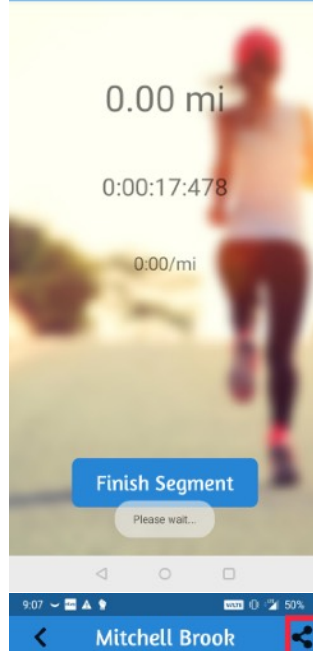
Step 10

Once you have started your run/walk, you can stop/pause at any point by pressing the Finish Segment button.
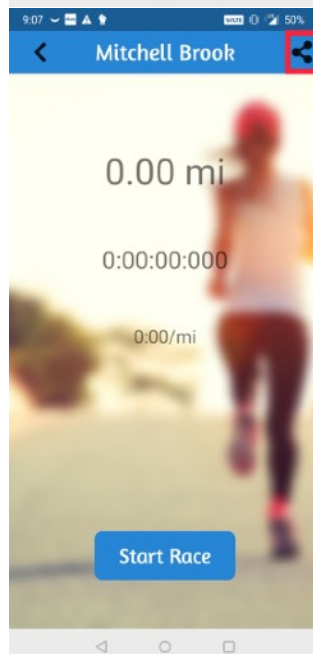
Step 11

After completion of run/walk, click on finish segment. You will see a pop-up just in case of a miss click. If you have completed your run/walk press ok to finish and upload your mileage.
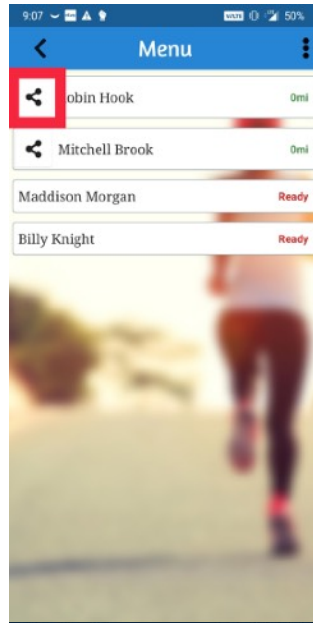
Step 12

A notification will ask you to wait until your results are submitted. After it is completed, the app will automatically go back to the the participants list window.
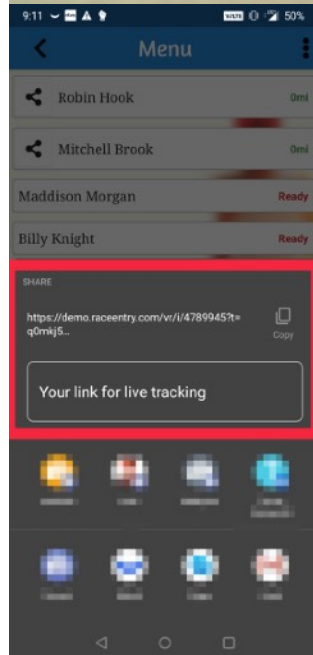
Step 13

Once you finish your run/walk, you can share your progress by clicking on the sideways triangle noted on the top right of the screen shot surrounded by the red box.
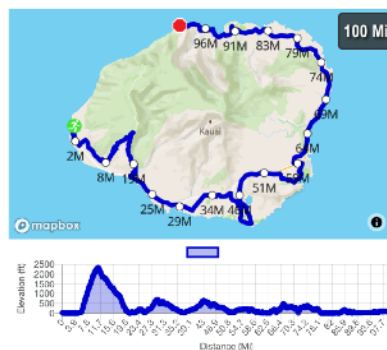
Step 14

Click on the sideways triangle to the left of your name.

Step 15

It will show your individual link for tracking your mileage completed on the 100-Mile course on your own personal Kauai map. Choose your method of sending the link (email, message, etc) and you can send directly to friends and family. They will receive a pin code to open the link.

Step 16

Here is a sample of what your personal 100-Mile Challenge Kauai map looks like. So fun!! Enjoy sharing with friends and family!

Mahalo to these generous sponsors of Stride for Kauai 100-Mile Challenge!

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