

Version 1.1 May 24, 2020

The Easy Day Sports Leaderboard is located at <a href="https://results.easydaysports.com/">https://results.easydaysports.com/</a>

#### I. <u>The Bib Look-up Tool:</u>

Your Bib number is your personal identification number that gives you access to upload your results. All runners must have a bib number assigned to them to use the tool.

1) Navigate to the Bib Look-up page: <u>https://results.easydaysports.com/bib\_lookup</u>

<b>EASYL</b> SPO	Day RTS
Results	Home Bib Lookup
	Your order number can be found on your confirmation email from Eventbrite
	Eventbrite Order Number
	Please write down your bib number. You will enter your bib number every time you submit results to a virtual run leaderboard.
	Find User

2) Enter Your Order Confirmation Number. Every athlete that signs up for an event is assigned an Eventbrite Order number. This number is automatically *emailed* to you when you register for any event.



# RUN SERI ES SEASON 2: RACE YOUR DISTANCE KAISER PERMANENTE. May 25 - July 5, 2020 H Tickets View event details Easy Day Sports Order Summary Order #1350107702 - May 22, 2020 Jamie Monroe 1 x Easy Day Sports Race Package Jamie Monroe 1 x Donation to Make-A-Wish San Diego

### Example email

3) Enter Your Order Number and select the 'Find User' Button



4) **Remember Your Bib Number**- Write it down, and you will not need to enter your order number for results posting.



**II.** <u>Leaderboard pages:</u> Leaderboards are located on individual event pages. In the example below, the event has sub events/ or competitions that you can upload results for.



Sub events may also be listed by the Distance itself- like the 5K run or mile run example below.

#### Steps to upload a result

• Enter your Bib Number/ Last Name or order confirmation number in the form located at the top of each leaderboard.

	Mile 5/1/2020-	Run 6/30/2020		
	Results	Gallery		
Subimissions	May 1st 2020 - are open from sta	Jun 30th 2020 art of event until ?	1 day following	
Bib Number Last Name OR				
Eventbrite Order Nu	mber			



- Choose to enter either a verified result or a manual entry. Uploading a verified result requires a <u>Strava account</u>.
  - *Verified results* ensure the integrity of the leaderboard. Only verified times will be used if overall or age group awards are provided by the event.
  - Manual entry is a simple way to enter your time and distance for the work-out or race.
    Posting these time will list a user on the leaderboard, but it will not include a green 'verified' check-mark.

	Bib Number: 1 Name: bob smith Age Group: 30-34 Not You?	
Use Strava Or submit	a manual activity	

• To 'verify' your time you need to give the leaderboard permission to view your Strava activities.

$\odot$
Authorize Easy Day Sports Virtual Leaderboard to connect to Strava
Leaderboard for virtual events using strava api to validate someone actually ran
https://easydaysports.com/#events
Easy Day Sports Virtual Leaderboard will be able to: View data about your public profile (required) View data about your activities
Authorize
Authorize Cancel
Authorize Cancel To revoke access to an application, please visit your settings at any time.



• Once connected, the leaderboard will list recent activities that qualify for the virtual race or distance. Select one.

	5/18/2020-5/24/2020
	Results Gallery
	May 18th 2020 - May 24th 2020 Subimissions are open from start of event until 1 day following
	Bib Number: 1 Name: bob smith Age Group: 30-34 Not You?
0	Run AFTER run club 0:25:33* 1.86 mi 5/18/2020 Unfortunately your run was too short to be verified
0	Juniper canyon north 0:26:39* 2.58 mi 5/20/2020 Unfortunately your run was too short to be verified
0	▼ Afternoon Run 0:28:15* 7.28 mi 5/22/2020
* Tim	e estimated for event distance based on your average pace r submit a manual activity
Pho	to from your run! Choose File No file chosen
** A	Il results are final, please double check your results ** Submit

• Submit your results. **All submissions are final.** You can only upload 1 result per leaderboard. Make sure your time is correct or the activity that you choose is correct before hitting submit.



## FAQ

- What is 'Net' Time? A User's Net time is the time for the race distance after deducting for excess distance completed in order to match the race distance. This is calculated by Average Pace multiplied by the listed Race Distance.
  - Most users will not stop their gps device at exactly same distance as the race distance.
  - Example: Assume the race distance is 3 miles. The runner runs 3.1 miles in a total time of 31 minutes. The runner's average pace would be 10/min per mile and the "net" 3-mile time would be 30 minutes. This is the time that will be posted on the leaderboard.
  - For a race result time to count, the user must run the at least the distance of the event or farther.
  - In this way, if an athlete chooses to run many miles farther than the race distance, the activity can still be submitted. The 3-mile time will be calculated based on average pace for the entire work-out submitted.
- What are some tips for submitting a fast time for my virtual race?
  - o If you are new to Strava? Check out the <u>Strava Getting Started Guide</u>
  - If you already have a GPS watch and don't want to run with your phone view the <u>List of</u> <u>Devices</u> that sync with Strava.
  - Record a test Strava activity and get familiar with the recording and upload process for <u>iPhone</u> or <u>Android</u>
  - Give your phone (or other GPS devices) time to acquire a solid GPS connection.
  - To ensure you meet the Challenge or Race goal, we recommend you run a small amount over the required distance-(at least 0.05 miles). GPS isn't perfect so this will help accommodate data inaccuracies.
  - If you warm-up or cool-down after your virtual race, record these as separate work-out activities on Strava. Remember -All time recorded for a Strava activity counts towards calculating your "net" race time.