Using the IYR Virtual App

If you do NOT want to use the IYR Virtual app: <u>Click here to skip to instructions for manually uploading your time ></u>

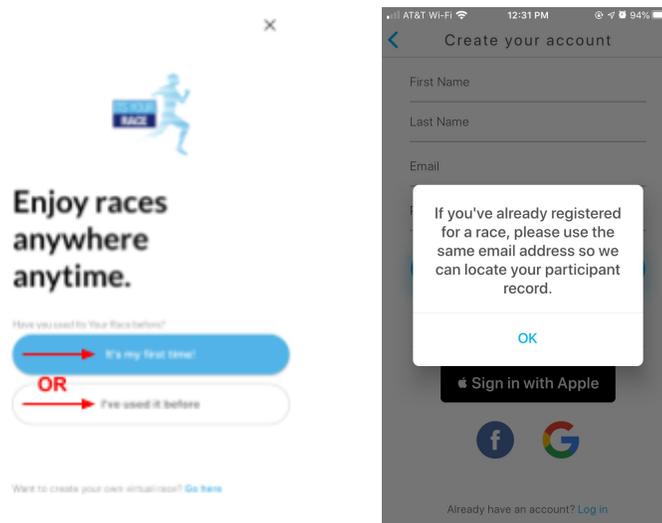DOWNLOAD THE APP FROM THE APP STORE
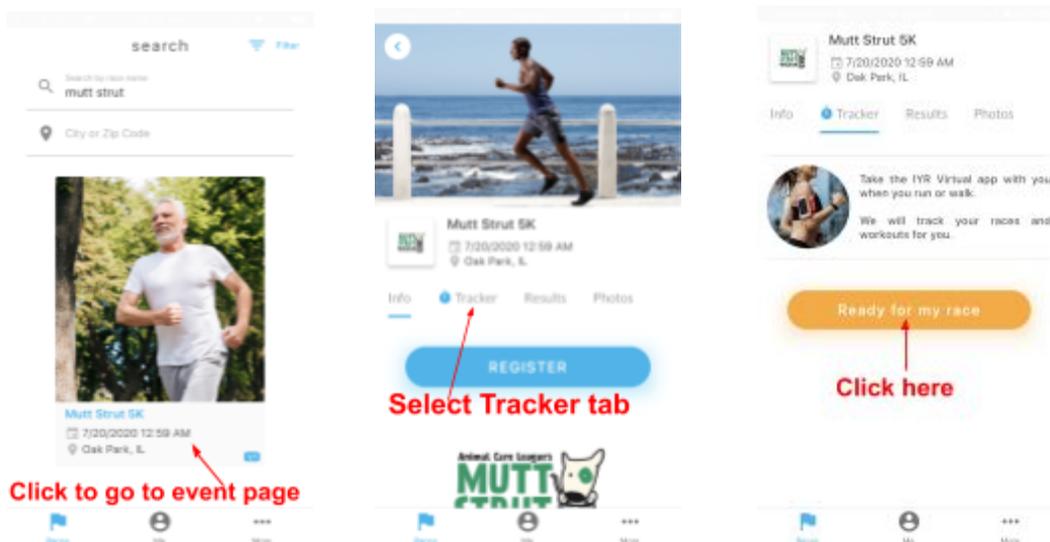

TRACKING YOUR MUTT STRUT RUN/WALK

GETTING SET UP

1. Open the app > Log in OR create account using the email address you registered with
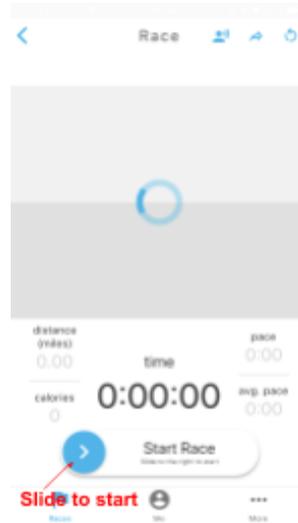

2. Search for "Mutt Strut" and click it to be taken to event page > Select "Tracker" tab Select "Ready for my race"

NOTE: You must enable background location on your device so the app can automatically detect the race distance (5k, 3.1 miles) and display it on screen.

START YOUR RUN/WALK
1. Slide the arrow that reads "Start Race" to begin > You will have 3 seconds to stow your phone and begin your race!

2. Your pace and distance will automatically calculate, and the activity will automatically stop when you've reached the exact mileage of your race.

What if I need to PAUSE my race?
Once you start your race, you have the option to slide the arrow to pause your race if you need to stop at your location or pause time (for example, if you encounter a crosswalk). NOTE: you must stop in place if you pause your race.

What if I need to RESTART my race?
If you find that you need to completely restart your race, you can pause your activity, close out the app completely and restart it. Once you reopen the app, it will prompt you to log in again. Find Mutt Strut, tap the "Tracker" tab, and select "Ready for my race", and slide the "Start Race" slider again!

YOU'RE DONE!
1. Your results will automatically be sent to the event results posted on the ITS YOUR RACE website. No need to upload anything manually.
2. You can also upload photos from your race route to the app to be shared on the ITS YOUR RACE website photo page!
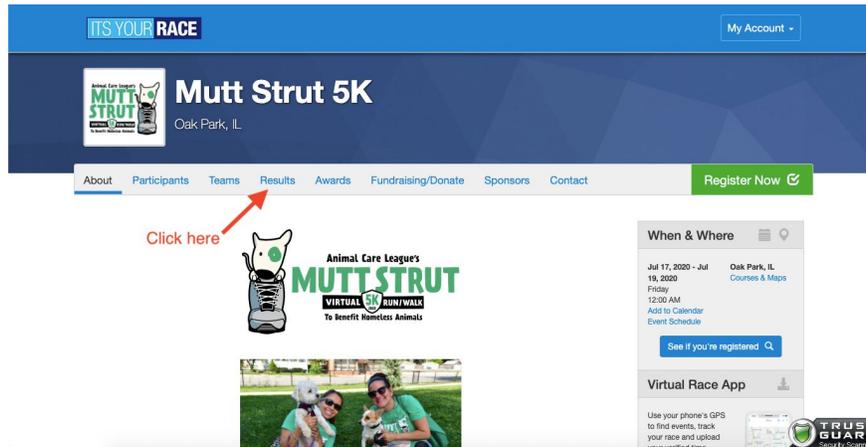
Manually Upload Your Time

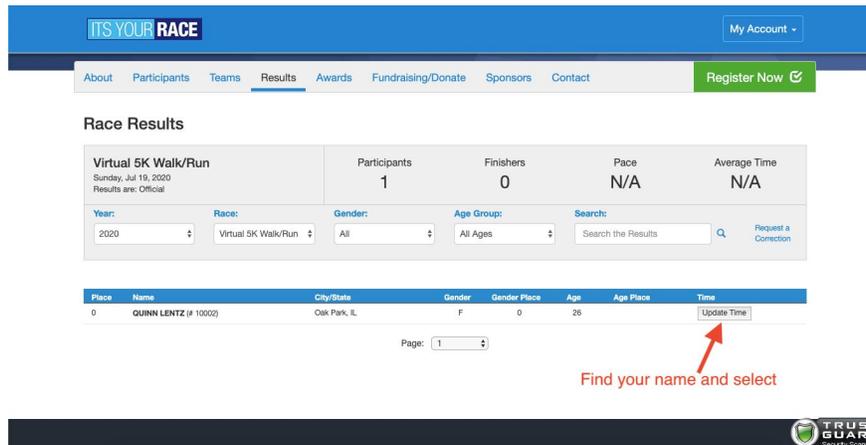UPLOAD YOUR RUN/WALK TIME TO ITS YOUR RACE WEBSITE

RUN/WALK YOUR MUTT STRUT 5K

1. Between July 17th and July 19th, run or walk 3.1 miles in a place near you!
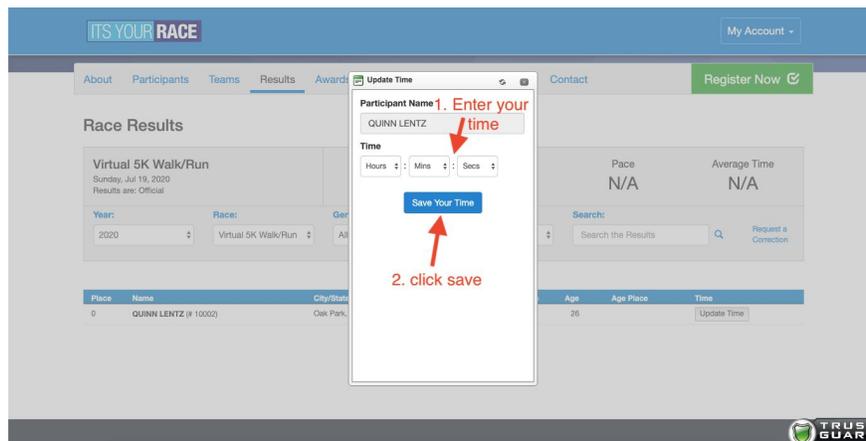
ENTER YOUR TIME

1. Go to the Mutt Strut ITS YOUR RACE website (click here) > Select the "Results" tab

2. Next to your name on the Results page click "Update Time" > If you're not already logged in you will be prompted to log in

3. Enter your time and click "Save Your Time"

4. Refresh the page and you'll see your time is posted!