



2023 Virtual Race Instructions

STEP 1. Setup your Race Profile on the RTRT Remote Racing App Using your Mobile Device!

Option 1: We are providing you with the RTRT Remote Racing App as part of the official virtual race experience for the Race For Every Child 5K. **You will use your mobile device to complete the virtual event! You will receive an email from 'Race For Every Child' (email from address: no-reply@rtrt.me) with detailed instructions on how to get the App and connect your race profile.**

Do you need to get the email resent? Visit <https://rtrt.me/reg/DMP-RFEC-2023/resent> to re-send the connect and claim email.

Option 2: You can alternatively download the app FIRST and then search for the Virtual Race For Every Child Event event and find your runner profile. There is a claim button that you can then use to verify your account. Visit https://rtrt.me/ulink/ RT/DMP-RFEC-2023?use_app=1 to download the app on your mobile device.

Did you register multiple people using the same email address? Please download the app first on each device and then follow the OPTION 2 instructions above.

Are you running together as a family? Use one device to track everyone! You must claim a profile on at least 1 person. Next you will search for everyone 'Running with You' and select the RUNNING WITH ME button on their profile. You will need to then verify their DOB to complete. Visit <https://www.youtube.com/watch?v=PLikBsEuuHg> for a video showing you how to complete this process.

Helpful Links:

- Visit: <https://rtrt.me/rfec/remote> for more RTRT instructions & tips.
- Visit: <https://rtrt.me/rfec/remote/faq> for FAQs to answer your questions about connecting and using the RTRT Remote Racing App.
- Visit: <https://rtrt.me/media/player/what-to-expect> for a detailed instructional video on what to fully expect with the App.

STEP 2. Complete Your Virtual Event!

Complete the virtual event using the device you setup in Step 1 above! Be sure to share with your family and friends so they can track your accomplishment! Send them a link to download the app: https://rtrt.me/ulink/ RT/DMP-RFEC-2023?use_app=1

Alternatives to Using Your Phone:

If you prefer using another device and want to import your run, don't worry, you can still report your result:

- **Using Strava or a Garmin:** You have the option of importing your run from Strava or Garmin if you do not want to use your phone. On your tracking page in the RTRT app, just click the "Import" button. Please note that the activity will need to still be within the virtual participation period.

Are You Running/Walking on a Treadmill? You will need to manually input your time in the app – select the manual import option on your race profile. Sorry, the live tracking is for outdoor activities only. The app uses GPS to measure your progress, so you need to be moving (not stationary like on a treadmill) and have a relatively clear view of the sky.

Need Further Help? Just send an email to help@delmopro.com

More About Your Run

Practice Before October 15th: before the start date you can use the RTRT App to 'Practice' your event on training runs.

Run Again: You can complete the virtual event as many times as you would like during the virtual period. Note: the most recent run will be used for your results.