We will be logging our summer mileage using Running2Win

- ***Getting Started***

If you do not already have a Running2Win account, you will need to create one.

Go to the website: www.running2win.com (there is also a link on FGR WXC home page: www.fgrwomenscrosscountry.com).

At the top of the Running2Win home page, Select Login then select Sign Up

(1) Create a user name and password (please remember these)
(2) Complete the required contact information
(3) Select (Red Button): Register my running2win account

Your profile will be displayed.

Please make sure that the following two lines, in your profile, have been selected/checked/set:
"Default for sharing individual logged workouts and races"
"Allow other Running2Win members to view your log"

When you have completed editing your profile, select (Red Button at the bottom of the page): Update my profile

You are now registered.

- ***Sending a Friend Request***

In order for others (Coach Spencer) to see your running progress throughout the summer, you will need to send a friend request.   Here are the steps:

Select Menu at the top of the Running2Win home page
Under the Community menu, select: Member Search
A window will come up with the title: Search the running2win community

In the search area enter, in the "By user name" box, type: aairishdistance
(aairishdistance is Coach Spencer's user name)
Then select (Red Button): Submit search criteria

The results of your search will appear in the window under "Search results"
Select "aairishdistance" under user name

Coach Spencer's profile will be displayed.
Select the right hand side icon: Send Friend Request

A message box will appear.
Please type your name in the message box (so I know who you are) then select (Red Button): Send Request

An accept or decline message will be sent to me.

- ***Logging Mileage***

  This site has some very extensive feature and you can use any or all of them but I primarily would like you to log running miles every time you run.

  To log miles
  (1) Select the Login button at the top of the home page (www.running2win.com) then enter your user name and password then select (Red Button): Login
  (2) In the middle of the home page will be your log; select "Log today's run"
  (3) The Add/Edit Activity window will be displayed.
  (4) In the "General workout details" section, enter the information about your run
  (5) If you do not know your precise mileage, wisely, estimate it or use the USATF MapIt site (see the link on www.fgrwomenscrosscountry.com to determine your mileage. Please keep track of the number of minutes you run as well.
  (6) You can fill in whatever other information that you wish and when you have completed this, go to the bottom of the page and select (Light Blue Button): Save this run
  (7) You can edit any run at any time.

Thank you,
Coach Spencer

If you have questions, corrections or comments, e-mail me at irishdistance@gmail.com