

# Instructions for Reporting your Time for the Virtual National Capital Pride Run/Walk

Please find below details on the steps for reporting your times for the 2020 Virtual National Capital Pride Run/Walk.

If you've any issues with reporting your time, you can email the timing company at [craig@runninggoattiming.com](mailto:craig@runninggoattiming.com).

## 1. Download the IYR Virtual Mobile App

[APPLE APP STORE](#) | [GOOGLE PLAY STORE](#)

This app will allow you to complete the Virtual National Capital Pride Run/Walk and automatically track your pace, distance and overall time. The app will recognize the event distance that you registered for and automatically stop your session at the appropriate distance (e.g. 2.5K walk or 5K run) and send your results in. It's the closest thing you can get to completing the NCPR in person!

*If you do not wish to use the IYR Virtual mobile app for your virtual race, please see instructions for manually entering your finish time at the bottom of this page.*

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## 2. Log Into Your ITS YOUR RACE Account

When you open the app for the first time select the "I've used it before" option and login to your IYR account.

### 3. Find the National Capital Pride Run/Walk and Choose whether you will use the app to run, or manually enter a time

Search for the National Capital Pride Run/Walk, tap it and go to the TRACKER menu item at the top. Click on the READY FOR MY RACE button. The app will automatically detect the email address that you are logged in with and compare it to the registrations for that race.

A pop up window will appear and ask you if you'd like to use the app to run or walk your race. If you use the app, the app will use your phone's GPS tracking capabilities to record your distance, pace and time. You can also use a different app or device (such as a watch) to record your activity. If you do this, you can select MANUAL ENTRY and enter your time. Your results will automatically be sent up to the NCPR's overall results on [itsyourrace.com](http://itsyourrace.com)

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### 4. Start Your Run/Walk and Allow App Permissions

When you're ready, slide the START RACE button at the bottom. The app will count down 5 seconds and you will receive notifications from your phone to allow motion and fitness activity, and then to allow GPS **BE SURE TO TAP OK and ALLOW for these as the app will not be able to track you if you do not allow these permissions**

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### 5. Run or Walk!

Stow your phone and get moving! The app will automatically calculate your distance, pace and time. When you've reached the exact distance, the app will automatically stop your activity and send your results to the event's results page. You can save a screenshot of your accomplishment and share it with your friends, family and followers!

**\*NOTE\* If for any reason you need to cancel your race once you've started, you can completely close out the app and it will wipe out your session. When you restart the app, you can begin your race again.**

**Please remember to check your local regulations to see where you can and can't run or walk at this time, and remember to social distance!**

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## 6. Check Your Results

- Go to ITS YOUR RACE.com, search for your event and go to the RESULTS PAGE.
  - Select the distance that you ran or walked from RACE dropdown
  - Search for your name and click on your participant listing
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## Manually Entering A Finish Time

If you do not wish to download the IYR Virtual app to run your virtual race, you also have the option of manually entering your finish time directly on the website. Please follow the instructions in this video (<https://vimeo.com/405773707>).

If you would prefer the timing company to manually enter your time for you, please email [craig@runninggoattiming.com](mailto:craig@runninggoattiming.com).