

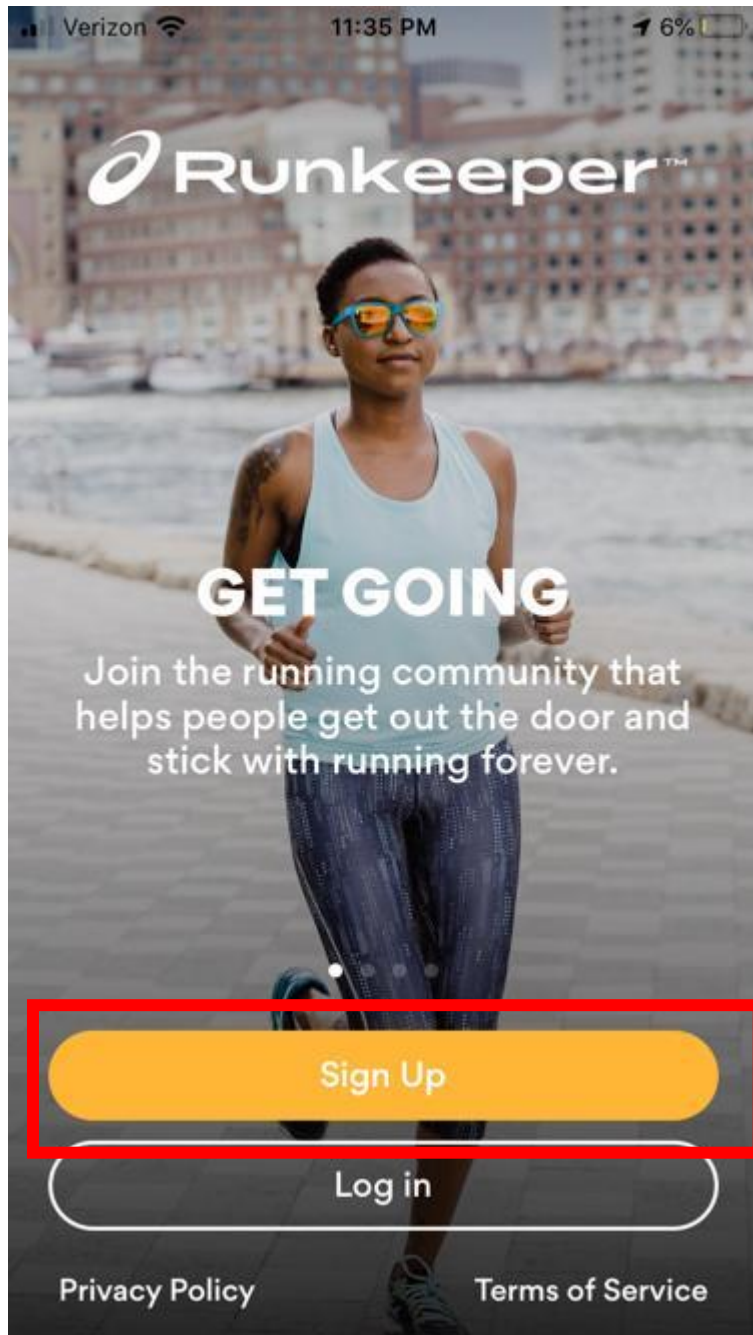


Asha
for Education

Bringing hope through education

2020 Asha-Detroit Run/Walk

Runkeeper Registration Process



- Download Runkeeper App
- Click “Sign up”

Input your information and
click "Create Account"

Verizon 5%

Create Your Account

A OneASICS™ account is your key to everything ASICS—from mobile apps to online shopping. Create yours to get started with Runkeeper.

Continue with Apple

Continue with Facebook

Continue with Google

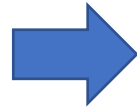
Show More ▾

or

Sign Up with Email

Already have a OneASICS™ account?
[Log In](#)

[Privacy Policy](#) [Terms of Service](#) [English](#) ▾



Verizon 5%

Create Your Account

A OneASICS™ account is your key to everything ASICS—from mobile apps to online shopping. Create yours to get started with Runkeeper.

Email *
name@email.com

Password *
Must be at least 8 characters

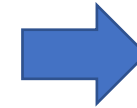
First Name *
eg. Mary or Michael

Last Name
eg. Smith

Date of Birth *
MM/DD/YYYY

Location of Residence *

[Privacy Policy](#) [Terms of Service](#) [English](#) ▾



Verizon 5%

Last Name
eg. Smith

Date of Birth *
MM/DD/YYYY

Location of Residence *
United States ▾

Gender:
Select a gender ▾

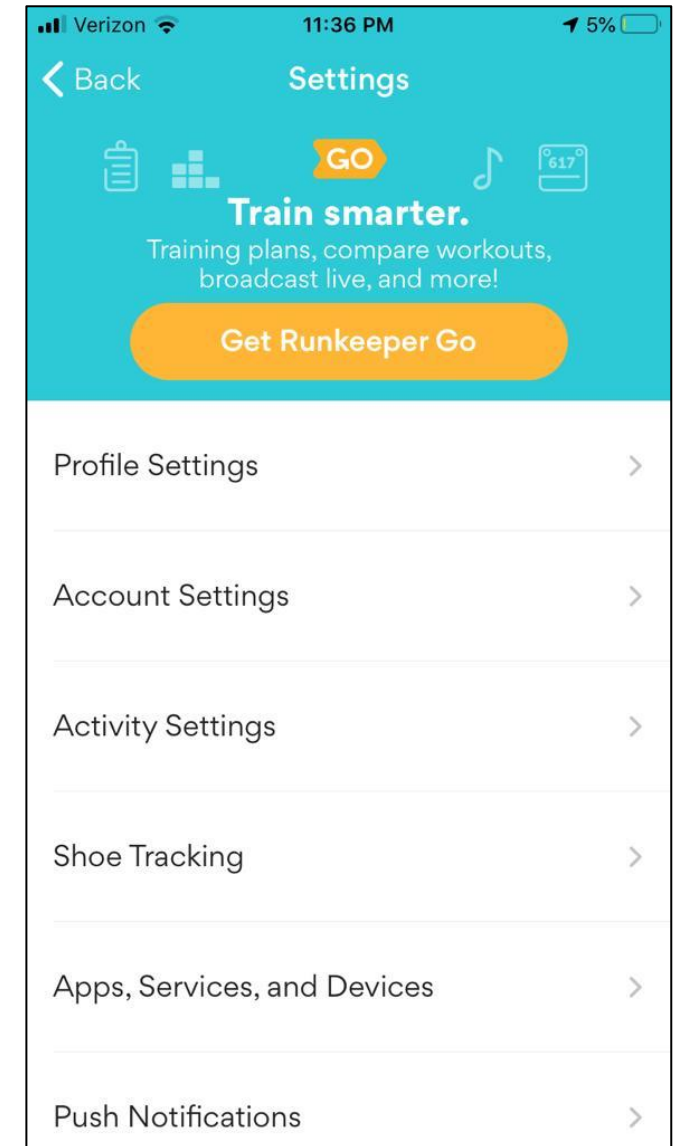
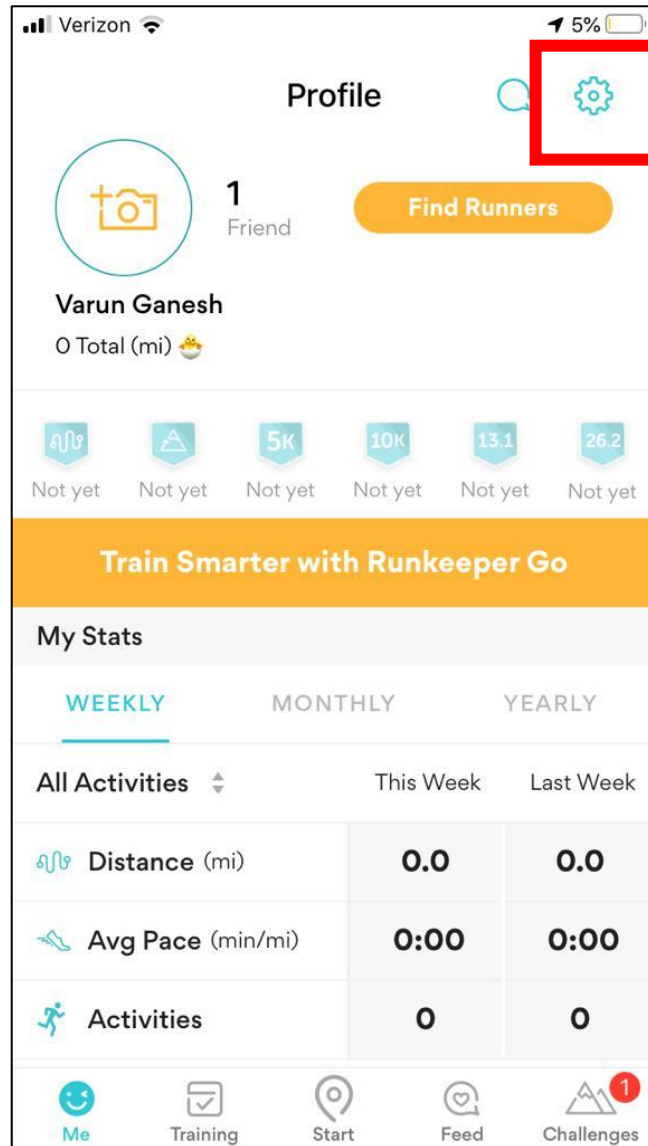
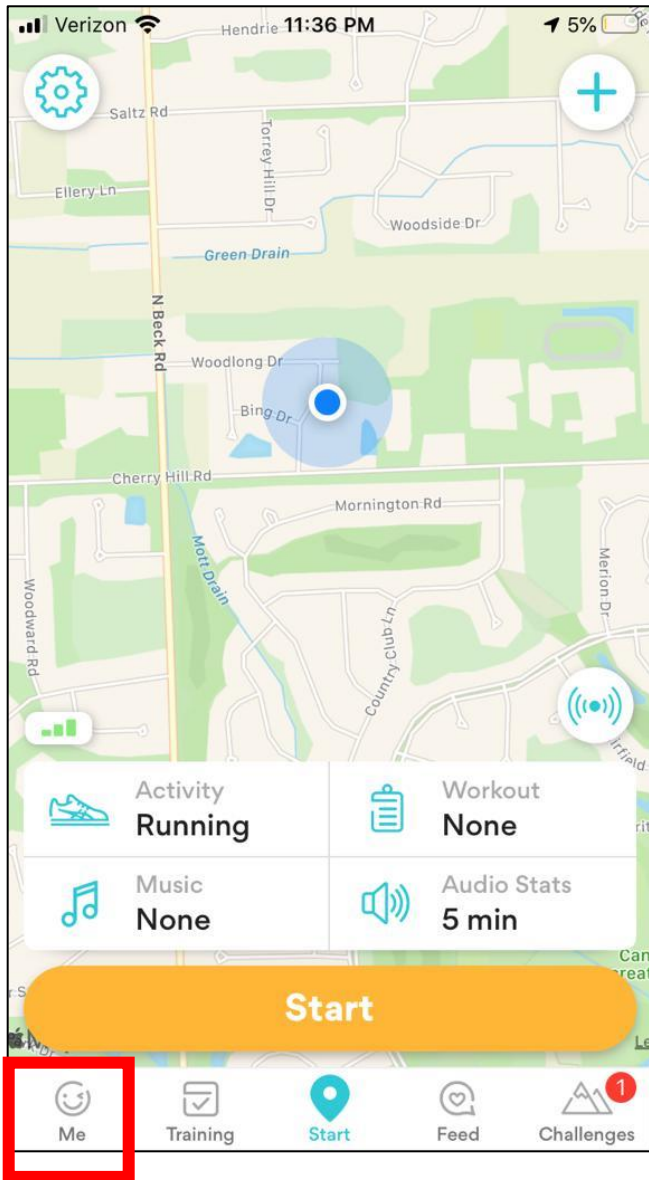
☐ I would like to receive newsletters and information about products, services and events by email, as described in the [Privacy Policy](#).

By creating an ASICS account, I confirm I have read and understand the applicable [Privacy Policy](#).
By creating an account, you agree to OneASICS™ [Terms and Conditions](#) and Runkeeper™ [Terms of Service](#).

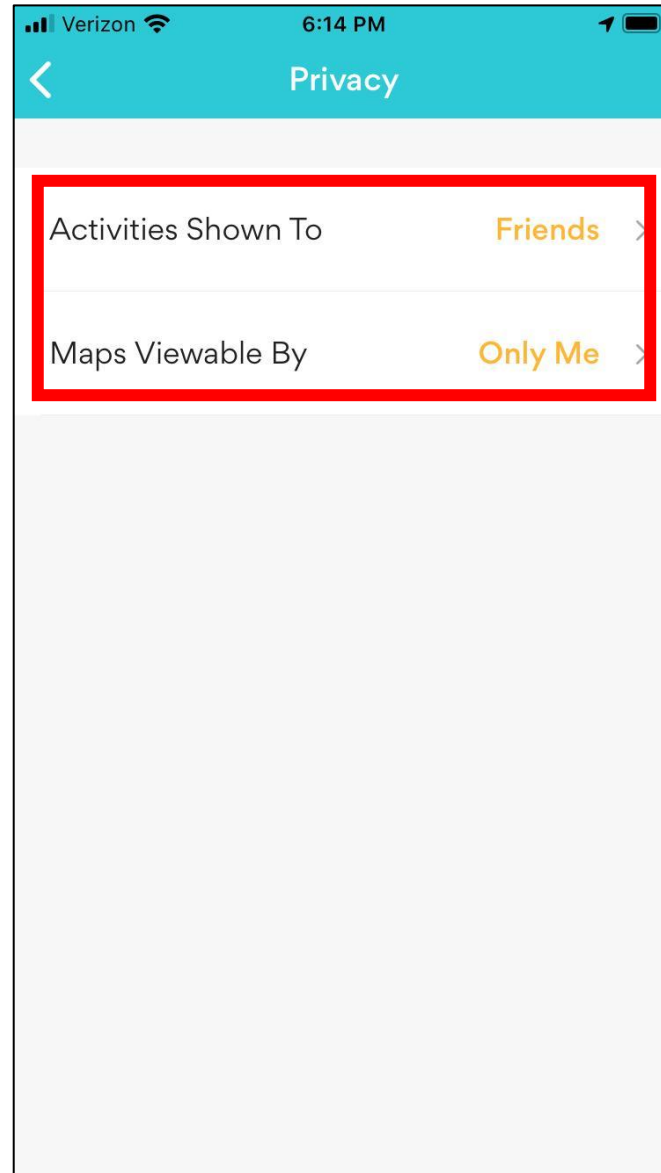
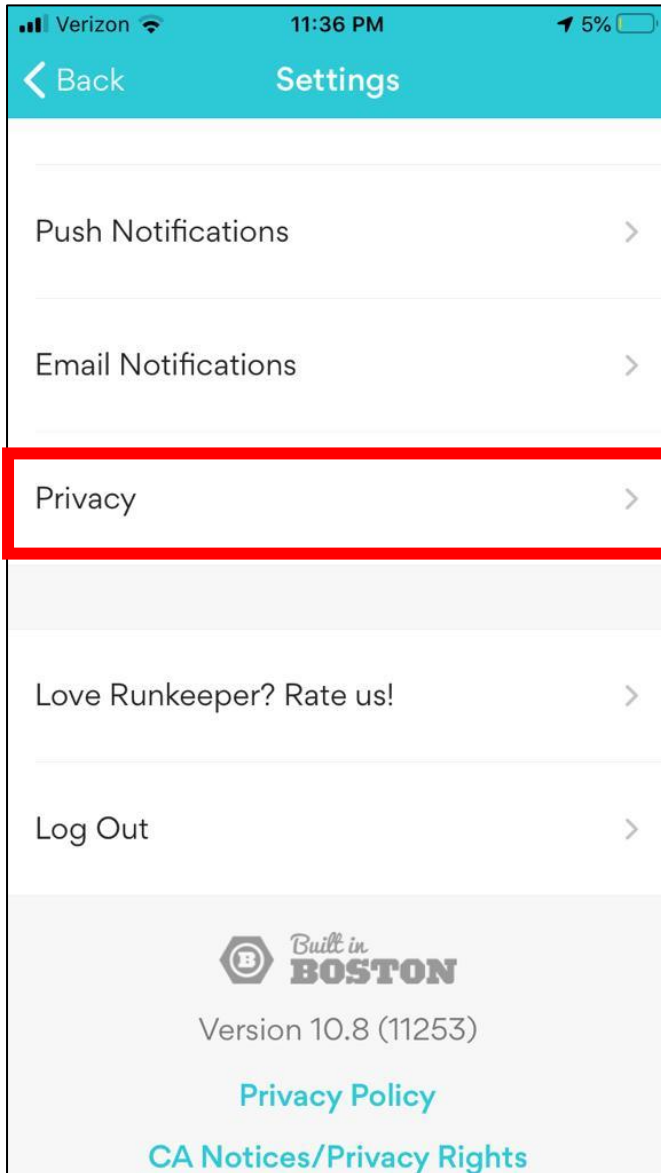
Create Account

Already have a OneASICS™ account?
[Log In](#)

[Privacy Policy](#) [Terms of Service](#) [English](#) ▾

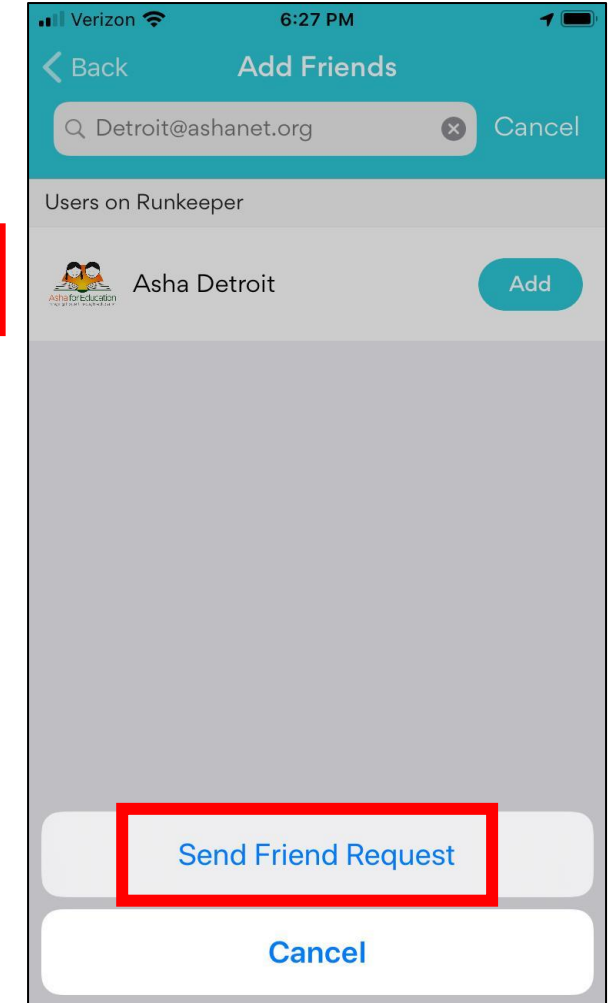
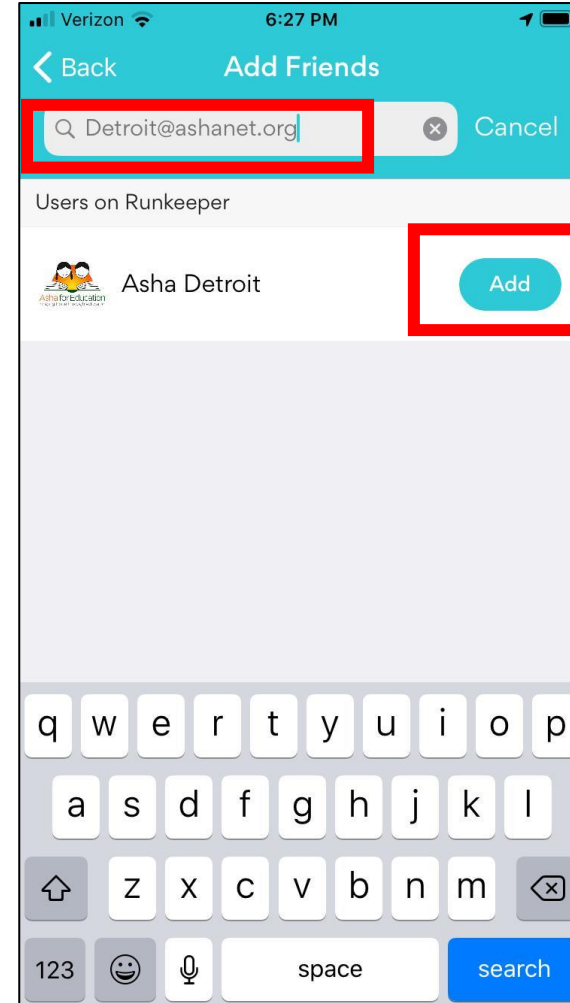
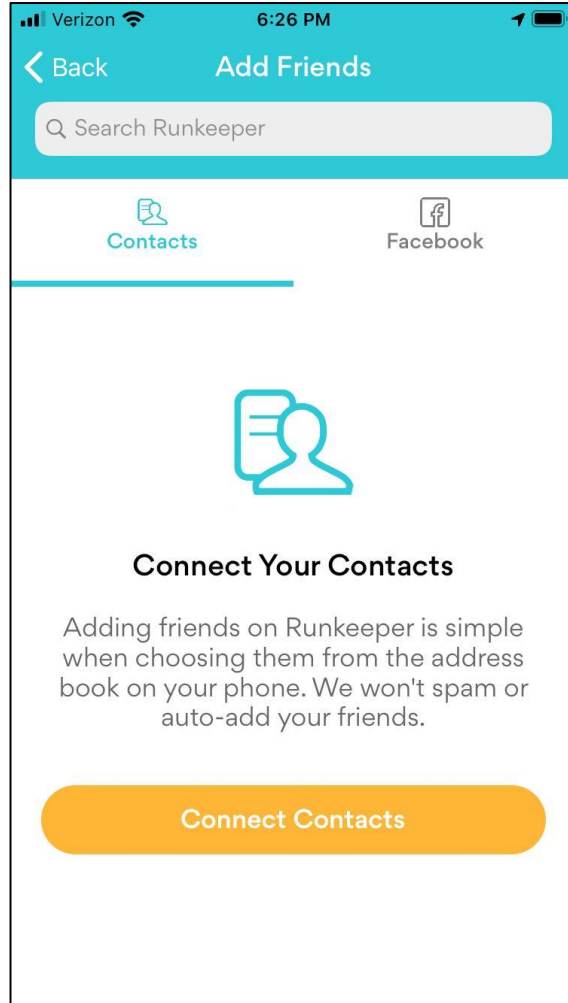
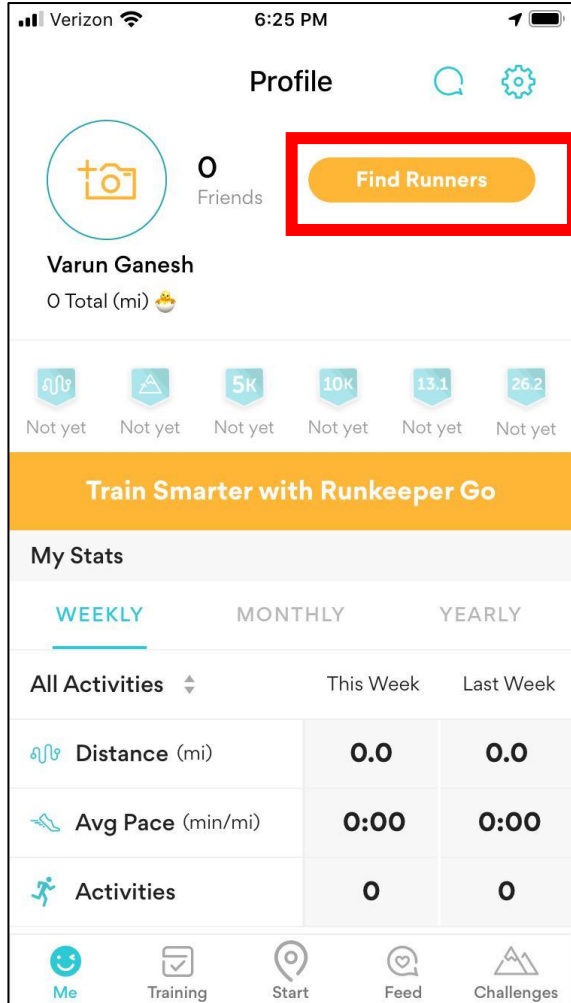


Scroll Down



- For “Activities Shown To” select “Friends”
- For “Maps Viewable by “ select “ Only Me”

- Type “Detroit@ashanet.org”
- Click “Add”

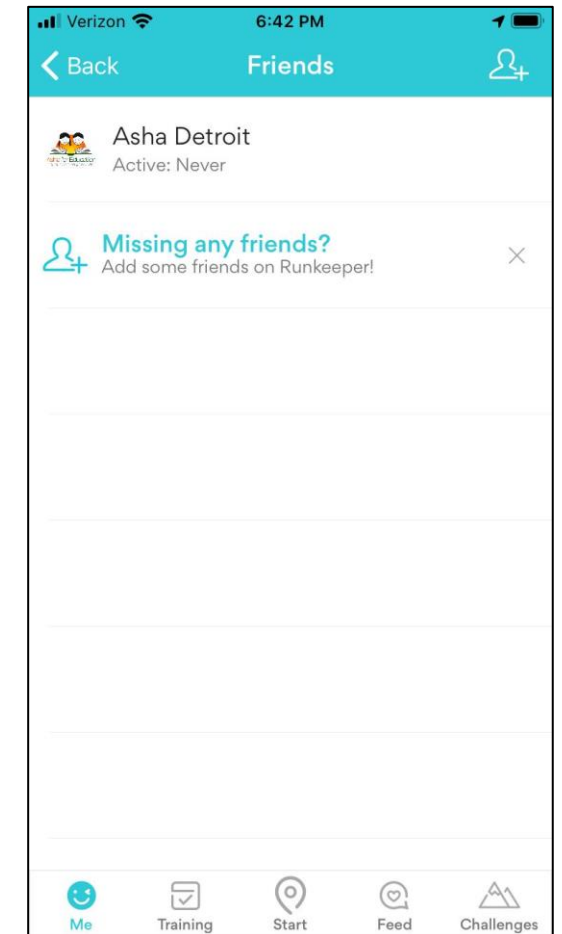
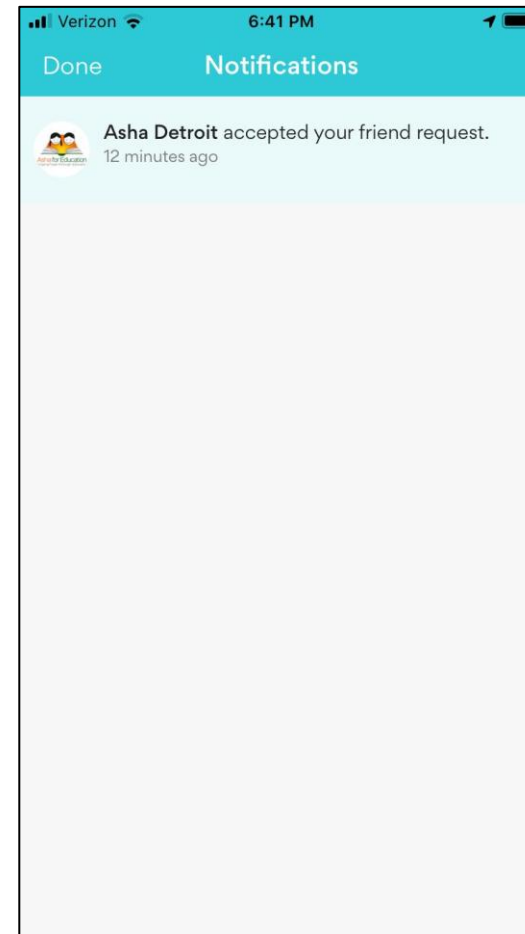
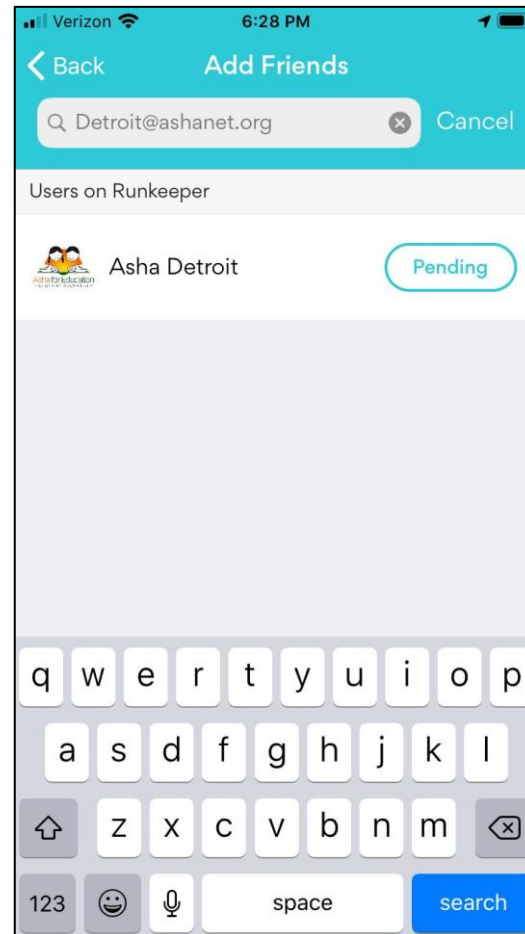
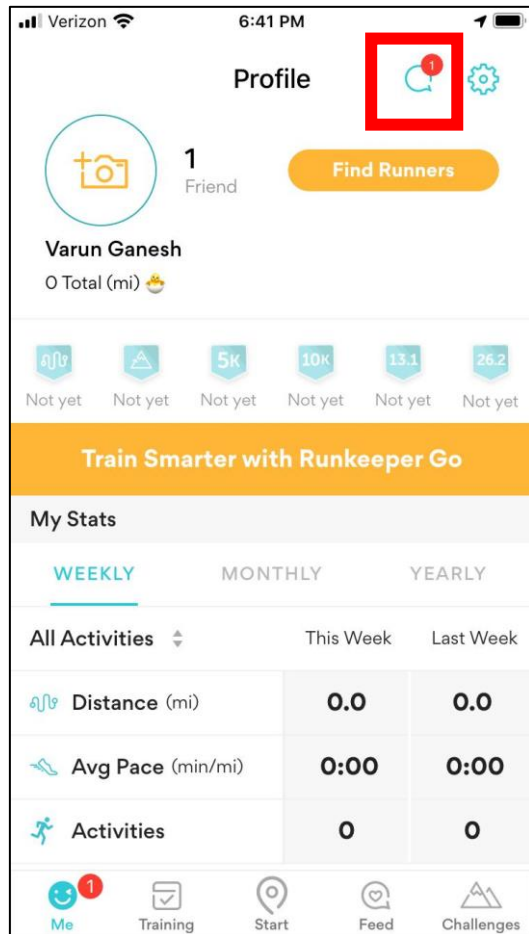


Click “Send Friend Request”

After Friends request

Friends request pending

Friends request Accepted



When you click "Friend" after the request is accepted you will see this screen

Asha Detroit is your Friend now

- Your Runkeeper Account is all set to go.
- On July 26 Morning, please Log on to Runkeeper App in your smartphone. You will see Challenge invite. Accept the challenge. Press “Start” on the Runkeeper App while your run/walk , Runkeeper will automatically update miles to the challenge.
- After Accepting the challenge you have the option to use Smartphone Runkeeper App to log your miles automatically or you can do manual entry in the runkeeper.com website. If you want add the activity manually in desktop, follow the process in the next couple of pages



Your Name

Active since Jul, 2020



DASHBOARD



REPORTS



TRAINING



ACTIVITIES



FRIENDS



ROUTES

DASHBOARD

Info

MY MOTIVATION:
([set motivation](#))

Stats

TOTAL ACTIVITIES:
0

TOTAL DISTANCE:
0 mi

TOTAL CALORIES:
0

My Activity Totals

Add new goal

TOTAL MI



0

TOTAL ACTIVITIES



0

TOTAL CALORIES



0

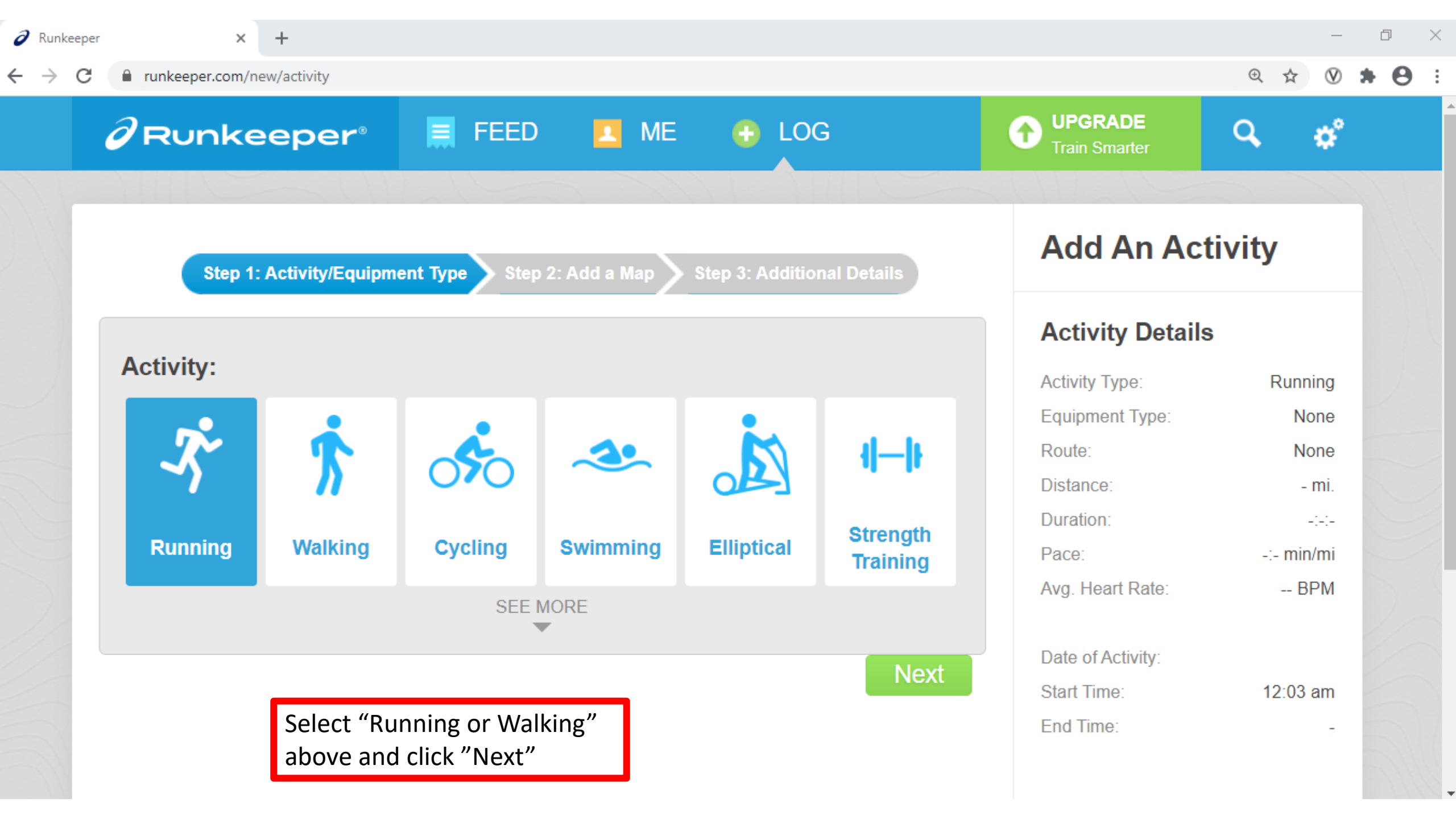
Recent Activities



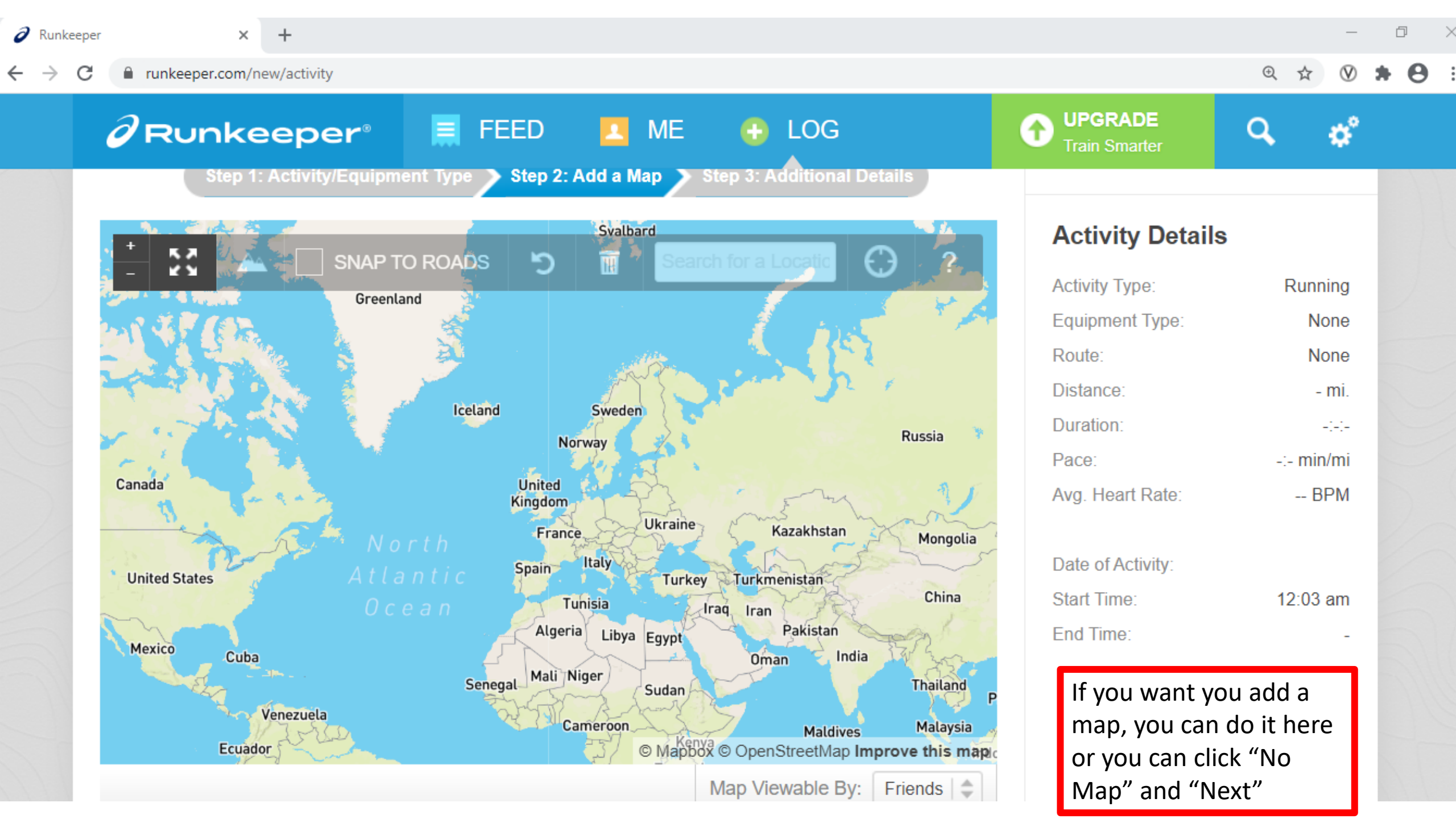
Your Name is now friends with [Ganesh](#)



If you want add activity
to your Log, click "Log"



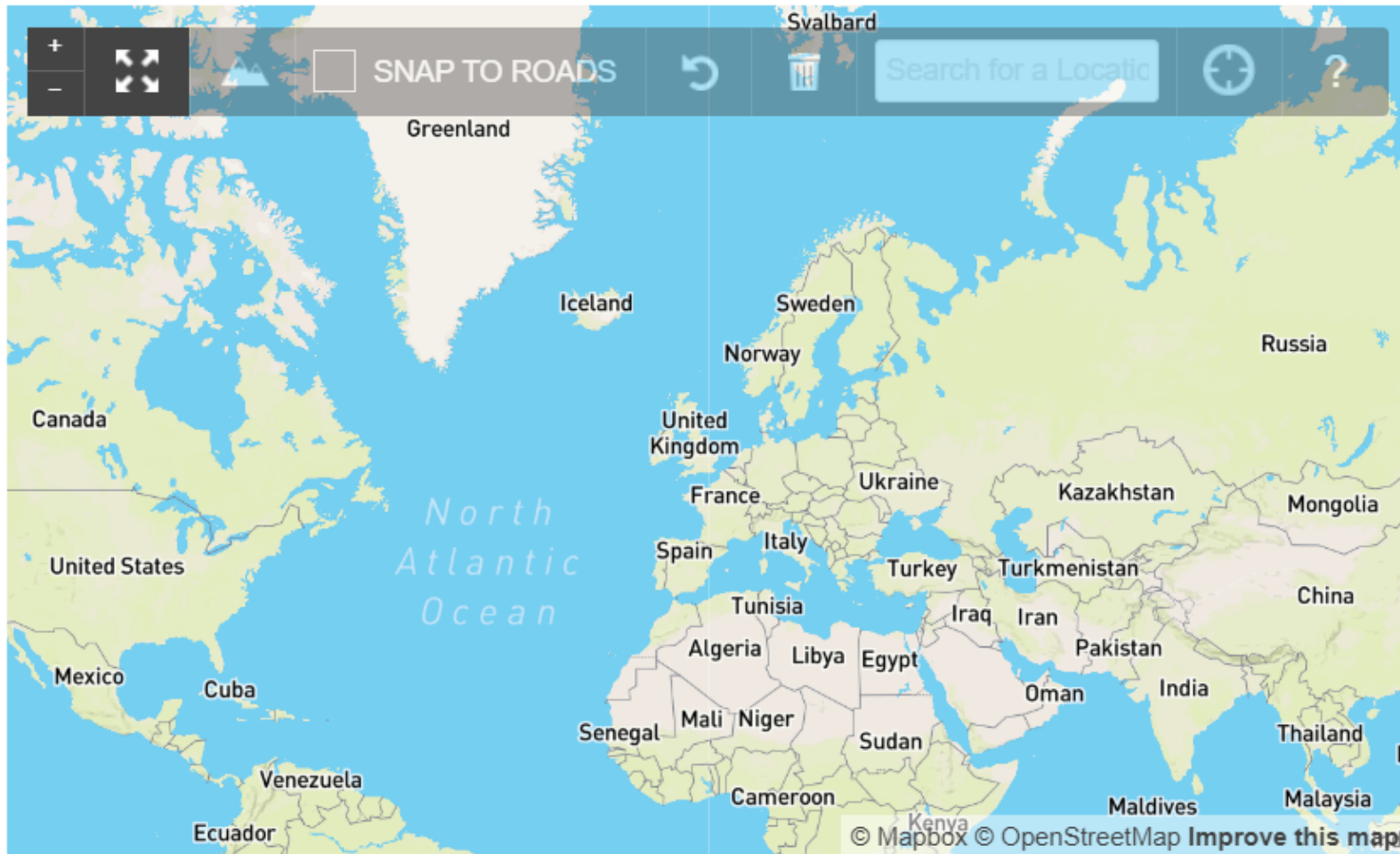
Select "Running or Walking"
above and click "Next"



Step 1: Activity/Equipment Type

Step 2: Add a Map

Step 3: Additional Details



Activity Details

Activity Type: Running
Equipment Type: None
Route: None
Distance: - mi.
Duration: -:-
Pace: -:- min/mi
Avg. Heart Rate: -- BPM

Date of Activity:
Start Time: 12:03 am
End Time: -

If you want you add a map, you can do it here or you can click "No Map" and "Next"

Map Viewable By: Friends

Runkeeper

runkeeper.com/new/activity

Runkeeper®

FEED

ME

LOG

UPGRADE
Train Smarter

Step 1: Activity/Equipment Type

Step 2: Add a Map

Step 3: Additional Details

Date of Activity:

<

July 2020

>

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Average Heart Rate (optional):

bpm

Or you can upload a heart rate file from your Polar Device.

upload

Duration:

00 : 20 : 45

Start Time:

07 : 30 AM

Distance:

2.00 mi

Calories:

Equipment Type:

None

Training Plan:

None

Activity Details

Activity Type:

Running

Equipment Type:

None

Route:

None

Distance:

2.00 mi.

Duration:

0:20:45

Pace:

10:23 min/mi

Avg. Heart Rate:

-- BPM

Date of Activity:

7/3/20

Start Time:

7:30 am

End Time:

7:50 am

1. Pick a date

2. Enter "Duration"

3. Enter "Start time"

4. Enter "Distance"

5. Click "upload"

Run / Walk Happy

