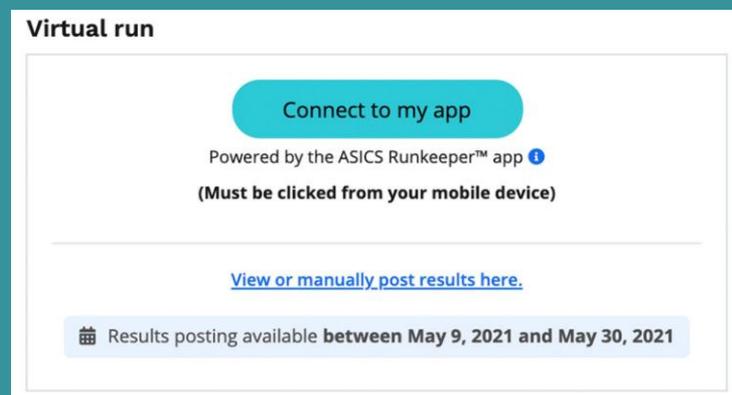


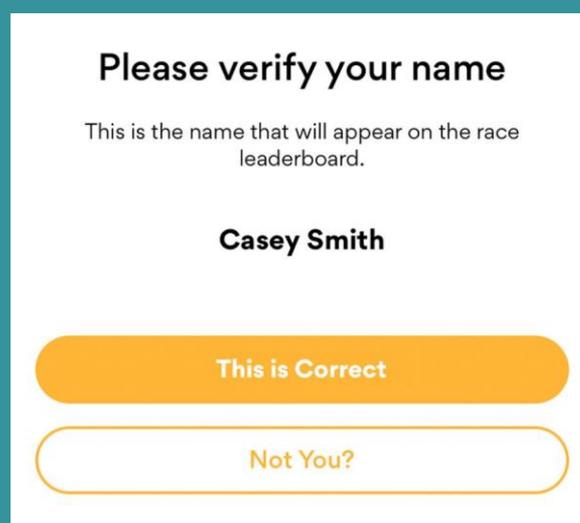


How to track your 2021 Toronto Women's virtual Half Marathon/10K/5K run and upload your results using the ASICS RunKeeper™ app:

1. On your mobile device, download or upload the ASICS RunKeeper™ app ([Apple](#), [Android](#))
2. Remain on your mobile device and go to your Race Roster [dashboard](#) and sign in to your Race Roster account
3. Click on the Connect to my App button for your registration



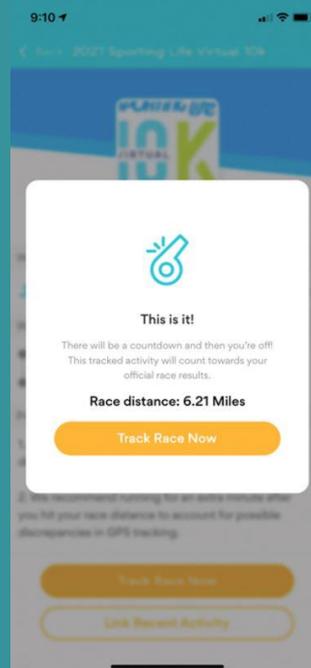
4. When the app opens you will be asked to confirm your name, click the orange button to confirm and the 2021 Toronto Women's virtual Half Marathon/10K/5K will be added to your ASICS RunKeeper™ app under Your Events in the Explore tab



5. Tap the flag symbol (bottom right) or the Explore tab to see your event
6. Under Your Events click 2021 Toronto Women's virtual Half Marathon/10K/5K



7. When you're ready, click Track Race Now to start your race! \*Be sure to track just beyond your goal so the system accepts your virtual race and posts to the Race Roster results page.



8. Once your results are posted, click your name in the results to view your finisher's certificate!

Audio cues will be available for some encouragement throughout your walk/run!

If you'd like to post manually, head to the results page here and click Submit a virtual results: 2021 Toronto Women's virtual Half Marathon/10K/5K

If you are experiencing any troubles uploading your results please contact [support@raceroster.com](mailto:support@raceroster.com) to assist you further