



Breathing Room Foundation

for families affected by cancer

Virtual Participants

Below you will find the steps to submit your results on our registration/event page within

Run or walk anytime between October 1st through October 5th. Record your experience with photos, videos, fitness app screenshots, or more! Send us a picture, or post it on social media using the hashtags, #Breathingroomfoundation & #Valleyroadrun

We welcome you to record your performance and submit your results using the steps below no later than Wednesday, 10/7 at noon EST for a little friendly competition!

STEPS TO SUBMIT RESULTS

<https://runsignup.com/Race/PA/Rydal/BREATHINGROOMFOUNDATIONVALLEYROADRUN>

1. **Login** on to your **RunSignup** account
2. Click your **profile icon** on the **left-hand** side
3. Scroll down to the BRF event under “**Upcoming Races**”
4. Click on “**Submit Virtual Results**” on the **top right** hand side
5. Submit results on the results page