



You will have the option to upload your activity for Global Running Day June Running Challenge manually or with a wearable device. You must connect your device before you run in order to use your wearable device for submission. Inside your participant account you will have access to your registration, event products, and more.

To view your account: <https://manage.hakuapp.com/login/cara>

To Add From Wearable

1. Connect your wearable device.
2. Click on "Your Devices" at the top of the screen.
3. In the "Manage" tab click "Connect" under your device.
4. You be will prompted to log in to your wearable device.
5. To submit your time go to the "Your Registrations" tab and select the event.
6. Click "Submit Global Running Day June Running Challenge Activity"
7. Click "Log and View Activities" and "Add from Wearable."
8. The data from your device will be displayed. Click "Select" to choose an activity to submit as your results.
9. Activity must completed on the day of the assigned event.

To Add Manual Activity

1. To submit your time go to the "Your Registrations" tab and select the event.
2. Click "Submit Global Running Day June Running Challenge Activity"
3. Click "Log and View Activities" and "Add Manual Activity."
4. Enter your time, date you completed the activity, time of day you started and the distance you completed.
5. Activity must completed on the day of the assigned event.
6. Click "Submit."