



## My Marathon Month RunThings Guide

We're partnered with RunThings, who'll be hosting My Marathon Month on their website. Once registered for the event, you'll be instructed on how to login...but here is a guide to help you too.

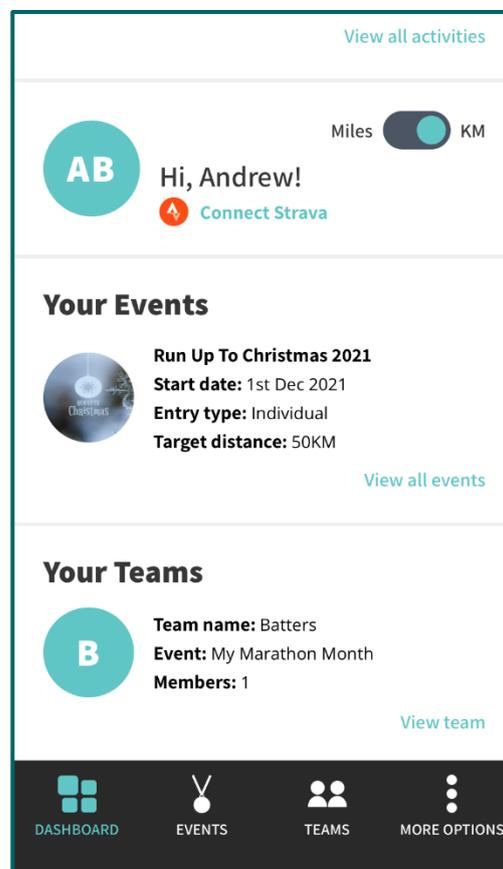
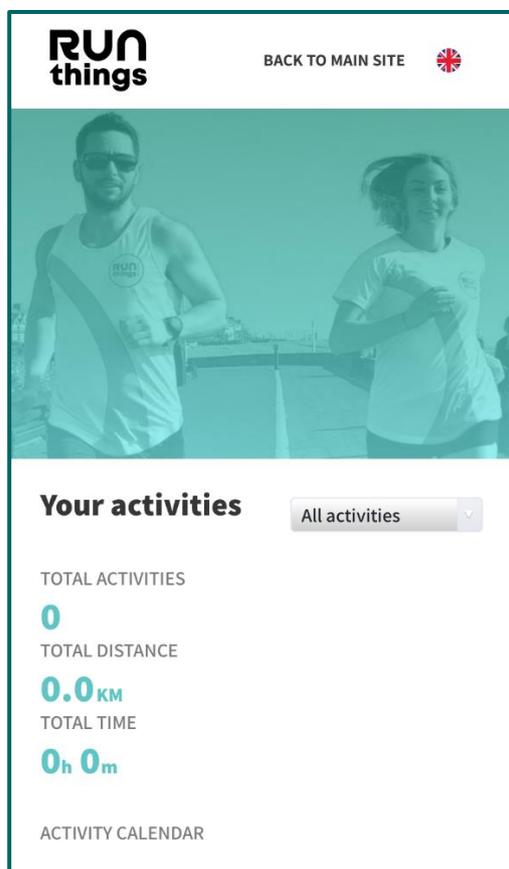
From the RunThings site, you'll be able to confirm you're running for Chestnut Tree House or St Barnabas House, log your runs (manually or by linking to Strava), see yourself on the leader board, and see how far everyone has run together.

### Logging in to RunThings:

When registering for My Marathon Month, you'll create a RunThings account (unless you already have one)...it will be this account you use to upload and track your progress. You'll be able to log in to your account here: [account.runthings.co.uk/login](https://account.runthings.co.uk/login)

### Your RunThings dashboard:

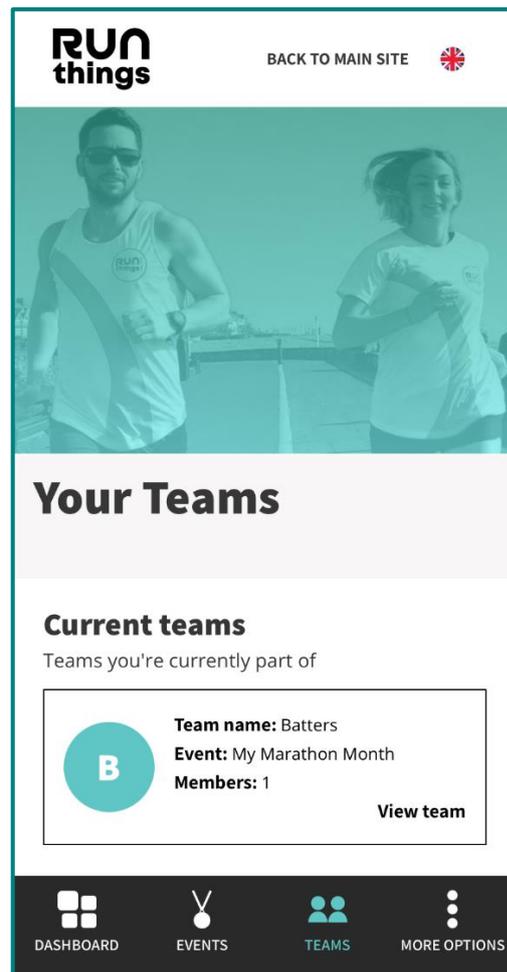
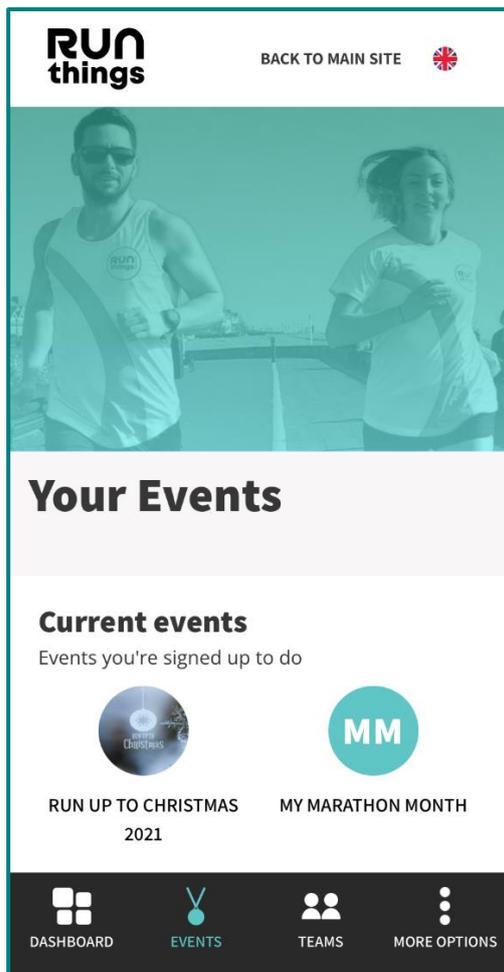
Once logged in, you'll find yourself on your dashboard (as below), where you can find details of your activities and your events. You can also link to your Strava and swap between miles and kilometres.





### Your events on RunThings:

From the dashboard, you'll be able to look at what events your signed up to and what teams you are part of (this will be if you selected being a team captain when you registered or have been added to a team by someone you're running with). The events and teams screens look like the below.



From the events screen, if you click on 'My Marathon Month, it will show you details about the event, including the leaderboard (which you can opt out of being show on if you wish – there is a button on the My Marathon Month events page to do this) and all your activity to date.

It's the same with the teams page too...the main difference is that you'll see your team's activity. To see your personal activity, you'll need to go into the events page.

The one other thing you can do on the events page, is pick if you are running for Chestnut Tree House or St Barnabas House – there is a drop-down menu on the page to pick from and submit.



### Recording runs on RunThings:

The easiest way to do this, is to connect your Strava to RunThings. If you don't have Strava, you can always create an account first and then come back to RunThings.

To connect your Strava, go to your RunThings dashboard (as above). Click the 'Connect Strava' button. A pop-up window will appear and ask you to log in to your Strava account. After this, as long as you're tracking your run on Strava, the activity will be pulled through automatically to RunThings.

A screenshot of the RunThings manual upload form. The form is titled 'RUN things' and has a 'BACK TO MAIN SITE' link with a red cross icon. The form is divided into several sections: 'Description' with a text input field containing 'Morning run'; 'Activity Type' with a dropdown menu set to 'Run'; 'Date' with a text input field containing '17 Nov 2021 at 09:27'; 'Distance' with a text input field containing 'How many KM?'; and 'Evidence' with a 'Choose File' button and the text 'no file selected'.

If you don't use Strava, you can still manually record your runs on RunThings.

To do this, go to the page for the event you're taking part in (see 'Event Page' section below).

Here you will find a 'Manual upload' button...click this and the page shown on the left will open up.

From here you can confirm all your run details, including the date, what time of day, your activity type, and how far you ran.

You will be asked to attach evidence of your run. This could simply be a picture or the device you used to track your run (if not Strava – for example another app on your phone or a smart watch), or a picture of a spreadsheet you're using to keep track of your distance.

### I still have a question, what do I do?

We are sorry that your question was not answered here – please contact the Events Team by phone on **01903 871820** or by e-mail at [events@stbh.org.uk](mailto:events@stbh.org.uk) and we'll do our best to answer your question.