

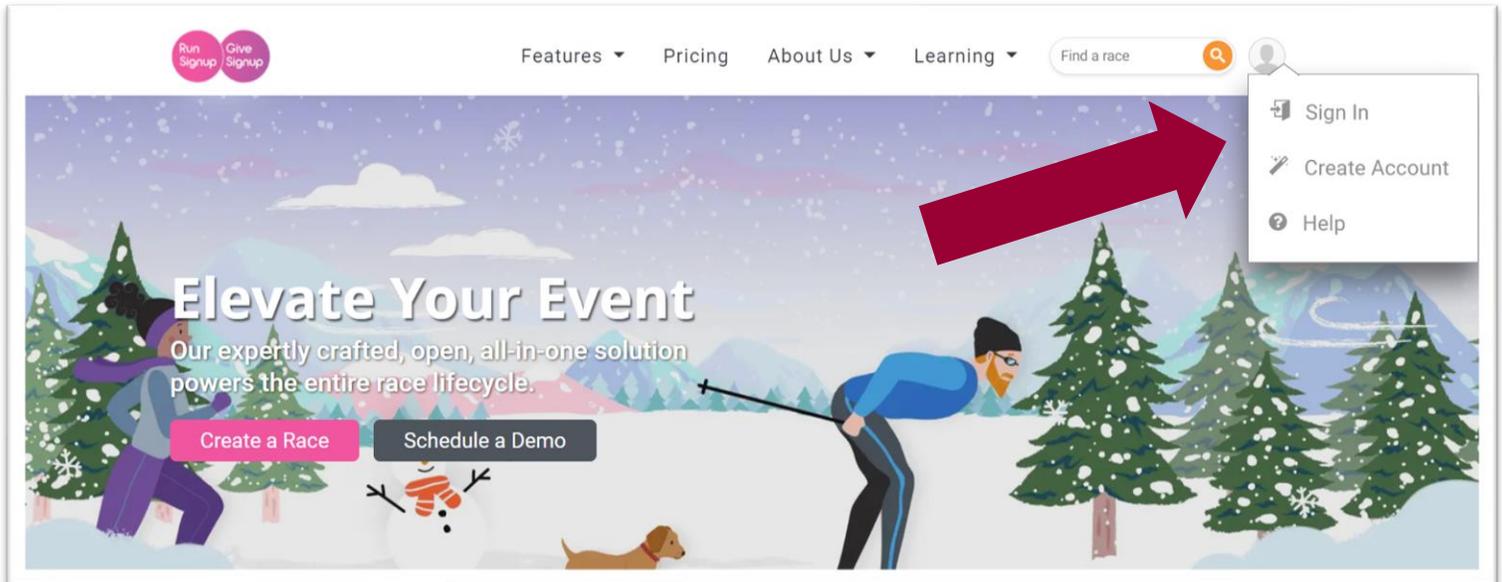
ASCP Virtual Exercise Challenge – RunSignUp Instructions

Sign Up

Step 1: Create an account and login.

If you are new to Run Signup, please create an account.

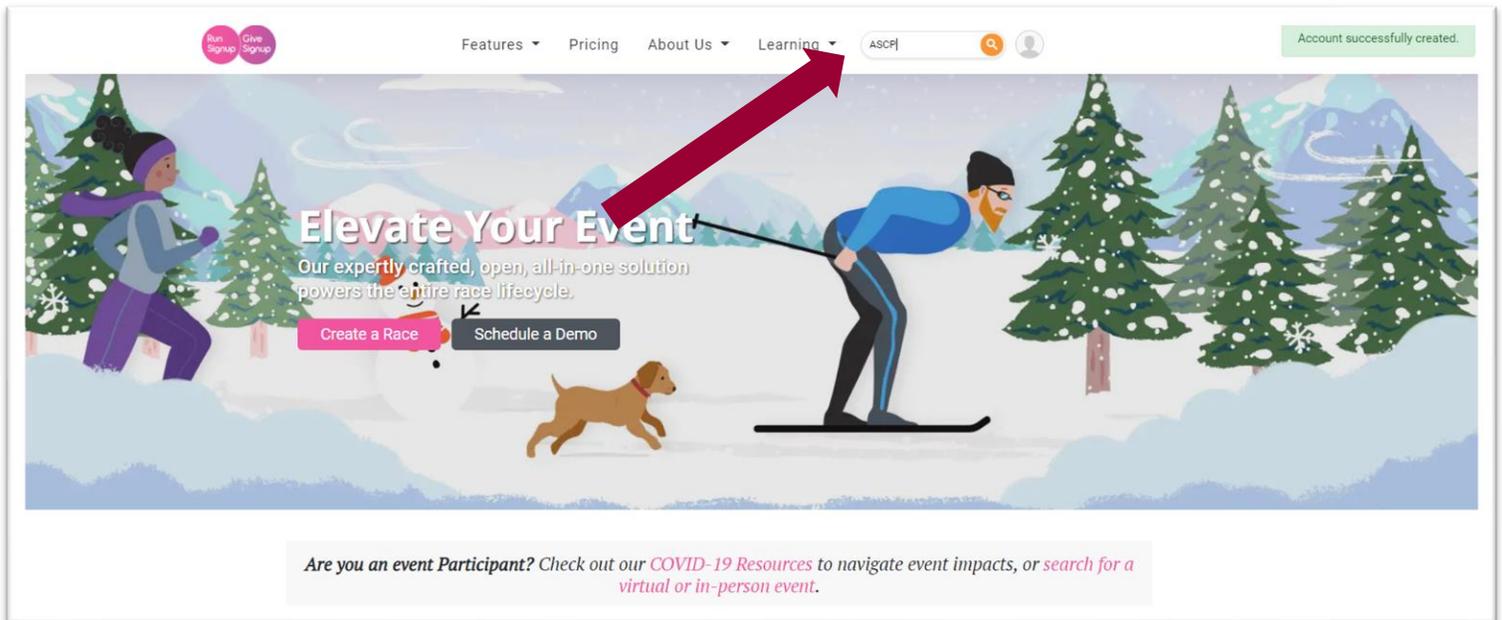
If you have an account, sign in.



The screenshot shows the 'Create your free account' registration form on the RunSignUp website. The form is set against a teal background. At the top left, there are 'Run Signup' and 'Give Signup' logos. At the top right, there is a link for 'Already have an account? Sign In'. The form title is 'Create your free account' with the subtitle 'Start creating amazing events'. The form fields are arranged in two columns. The left column includes: 'First Name *', 'E-mail Address *', 'Password *', 'Address *', 'City *', 'Date of Birth' (with a date picker), and 'Profile Picture' (with a 'Choose File' button). The right column includes: 'Last Name *', 'Confirm E-mail *', 'Confirm Password *', 'Zip Code *', 'Country *' (with a dropdown menu showing 'US - United States'), 'State *' (with a dropdown menu showing '--- Select a State ---'), 'Phone', and 'Gender' (with a dropdown menu). A note below the password fields reads: 'Please use a strong password with at least 8 characters and at least one uppercase letter, lowercase letter, number, and symbol (e.g., @P2n*8Y)'. At the bottom, there is a checkbox for 'Show as anonymous in public participant lists and race results' and a checkbox for 'By checking this box, I certify that I am 18 or older and agree to the Privacy Policy'. A red 'Register' button is located at the bottom left of the form.

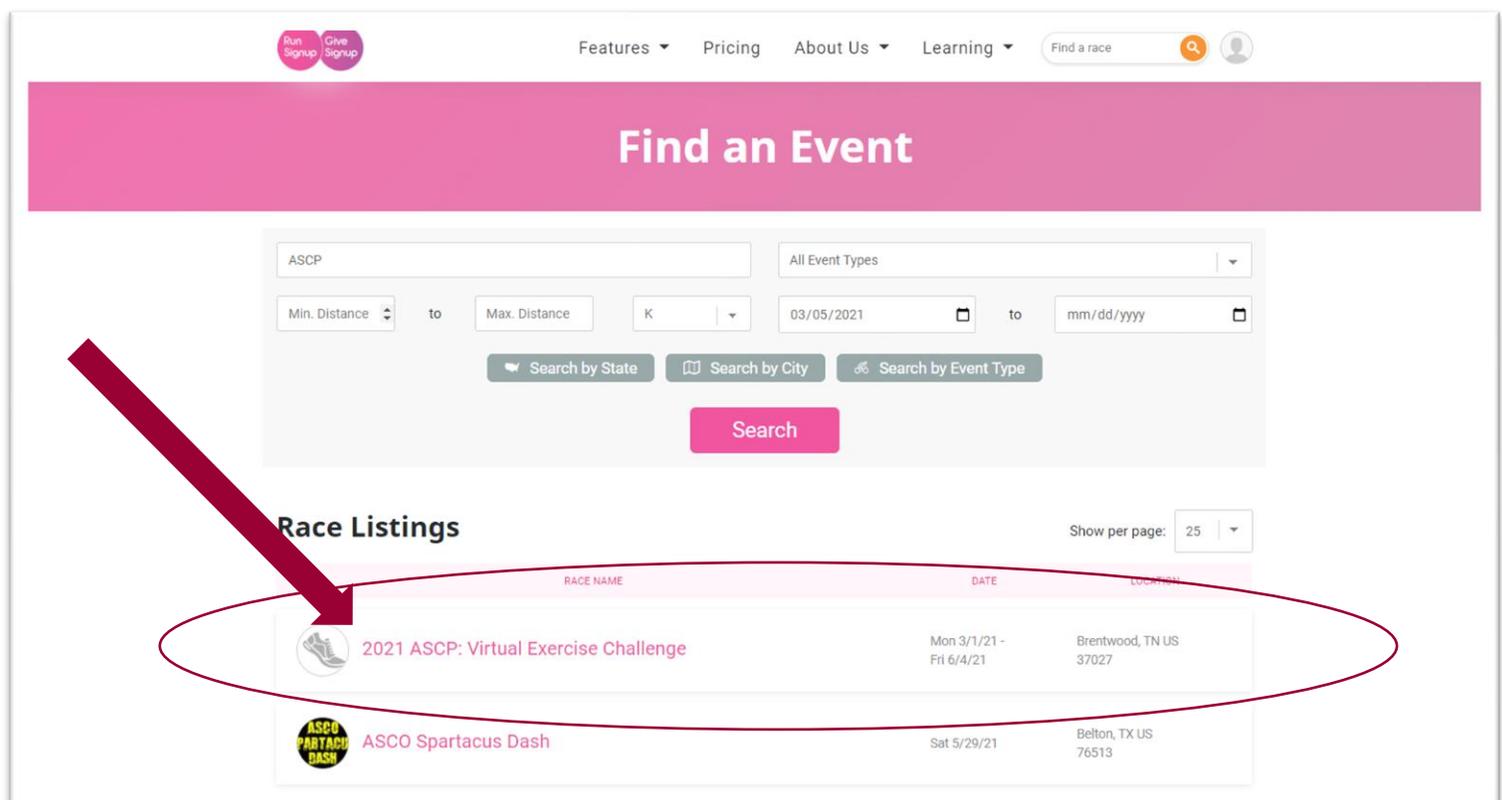
Step 2: Search for the ASCP virtual challenge

Type "ASCP" into the search bar



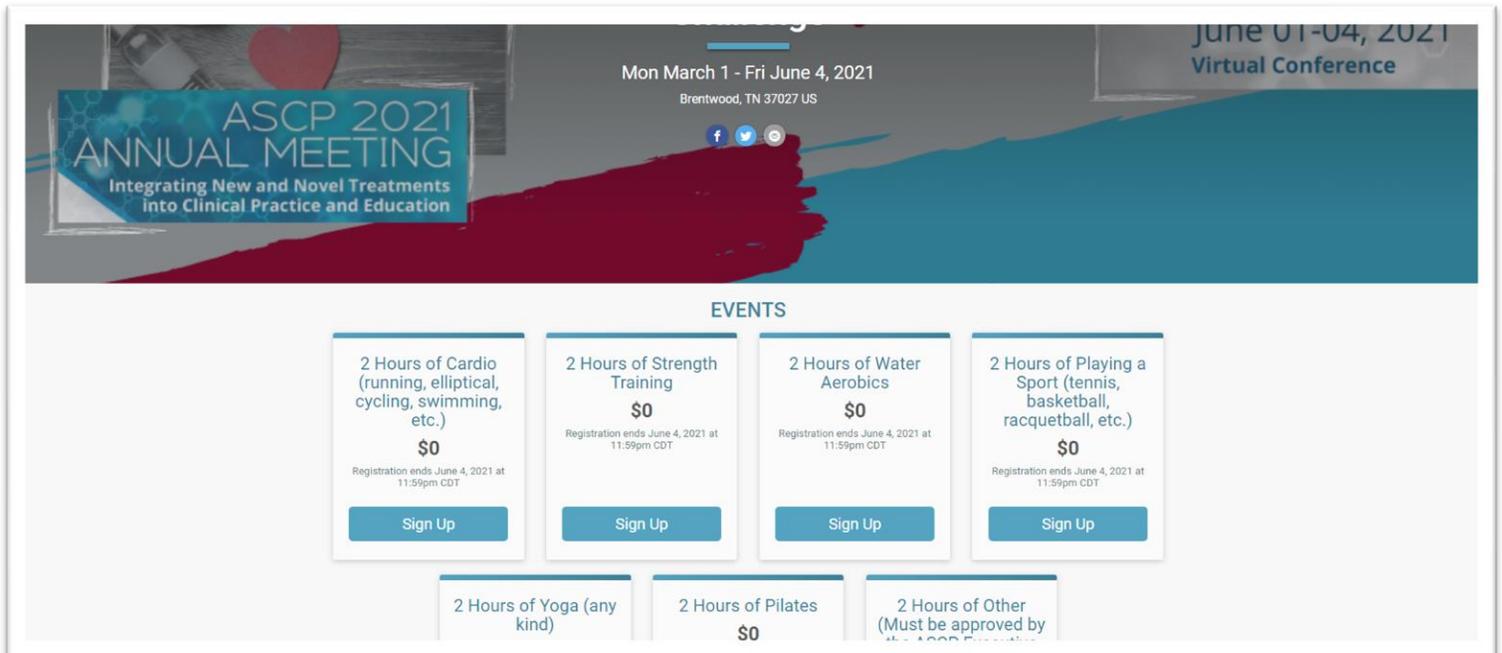
Step 3: Select the event

Click on the hyperlink for the 2021 ASCP Virtual Exercise Challenge



Step 4: Select an Activity and Sign Up!

Sign up for the fitness activity you would like to participate in.
There are seven options.

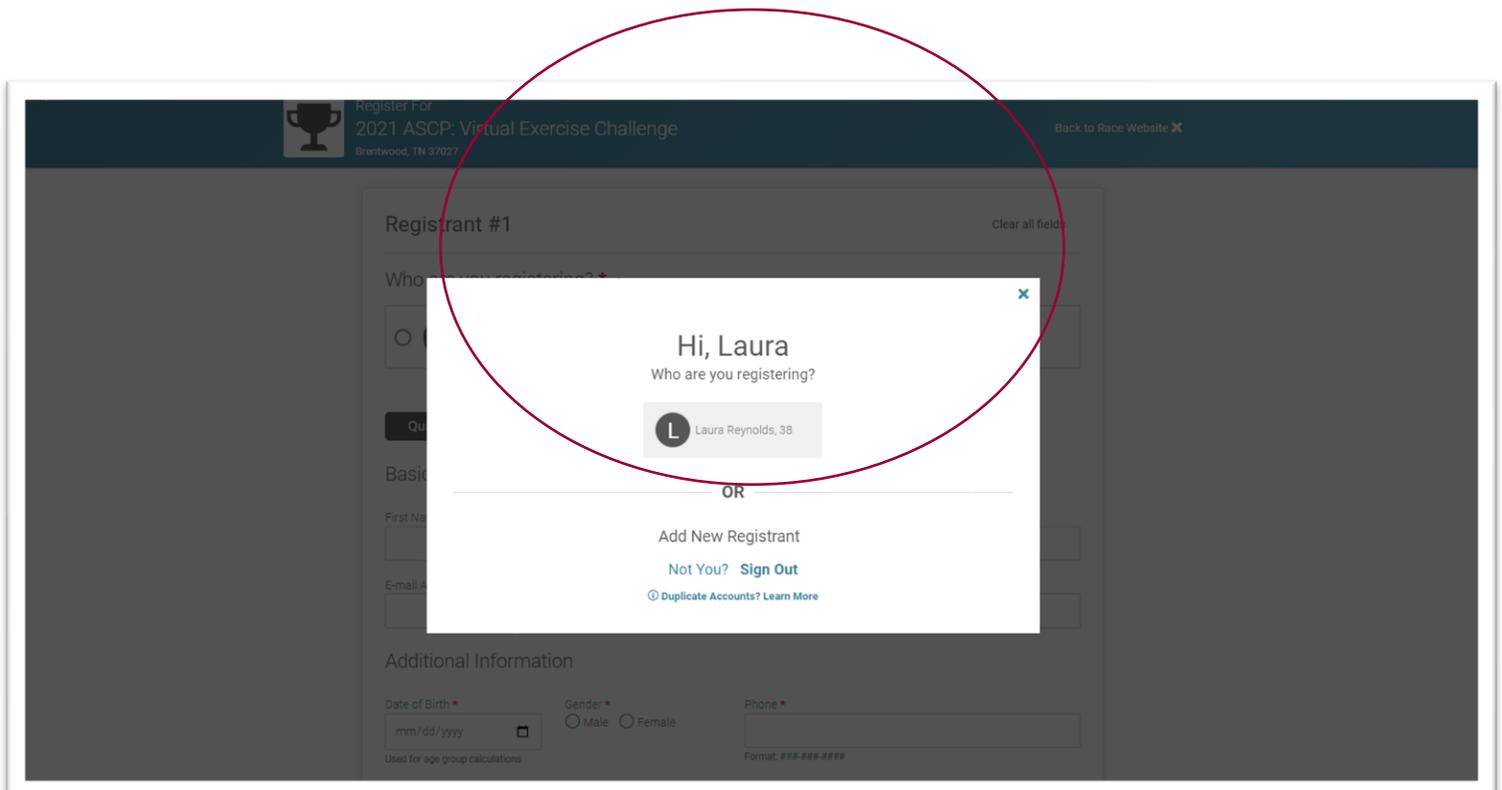


The screenshot displays the registration page for the ASCP 2021 Annual Meeting, which is a virtual conference held from Mon March 1 to Fri June 4, 2021, in Brentwood, TN 37027 US. The page features a header with the event title and dates, and a section titled "EVENTS" with seven activity options, each with a "Sign Up" button. A red brushstroke graphic is overlaid on the page.

Activity	Cost	Registration Ends
2 Hours of Cardio (running, elliptical, cycling, swimming, etc.)	\$0	June 4, 2021 at 11:59pm CDT
2 Hours of Strength Training	\$0	June 4, 2021 at 11:59pm CDT
2 Hours of Water Aerobics	\$0	June 4, 2021 at 11:59pm CDT
2 Hours of Playing a Sport (tennis, basketball, racquetball, etc.)	\$0	June 4, 2021 at 11:59pm CDT
2 Hours of Yoga (any kind)	\$0	June 4, 2021 at 11:59pm CDT
2 Hours of Pilates	\$0	June 4, 2021 at 11:59pm CDT
2 Hours of Other (Must be approved by the ASCP Foundation)	\$0	June 4, 2021 at 11:59pm CDT

Step 5: Confirm who is participating

You can register someone else and/or yourself.



The screenshot shows the registration form for the 2021 ASCP Virtual Exercise Challenge. A red circle highlights a confirmation pop-up window that says "Hi, Laura" and asks "Who are you registering?". The pop-up offers options to register "Laura Reynolds, 38", "Add New Registrant", or "Not You? Sign Out". The background shows the registration form with fields for "Registrant #1", "Who are you registering?", "Basic Information", and "Additional Information".

Step 6: Confirm your event

Registrant #1



Laura Reynolds 
laurabeasleyreynolds@gmail.com
2665 Paddock Park Drive
Thompsons Station, TN 37179
Date of Birth: 3/12/1983
Phone: 555-555-5555
Gender: F

Choose Your Event *

2 Hours of Cardio (running, elliptical, cycling, swimming, etc.) \$0.00
Monday March 1, 2021 - Friday June 4, 2021

2 Hours of Strength Training \$0.00
Monday March 1, 2021 - Friday June 4, 2021

2 Hours of Water Aerobics \$0.00
Monday March 1, 2021 - Friday June 4, 2021

2 Hours of Playing a Sport (tennis, basketball, racquetball, etc.) \$0.00
Monday March 1, 2021 - Friday June 4, 2021

Step 7: Read and attest the waiver. Scroll through entire waiver to continue.



Register For
2021 ASCP: Virtual Exercise Challenge
Brentwood, TN 37027

[Back to Race Website](#) ✕

Waiver [Open waiver in new window](#)

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely

Waiver Agreement for Laura Reynolds Please scroll to the bottom of the waiver first.

By checking this box, I agree to the waiver and confirm that I am 18 or older and agree to the Privacy Policy

Continue Back



Step 8: Select your t-shirt size.

 Register For
2021 ASCP: Virtual Exercise Challenge
Brentwood, TN 37027 Back to Race Website ✕

Questions for Laura Reynolds

T-Shirt Option *

--- Select An Option ---

Continue Back



Step 9: Review and Complete your registration

Ensure all details are correct or go back to make any changes.
If everything looks good, complete registration.

 Register For
2021 ASCP: Virtual Exercise Challenge
Brentwood, TN 37027 Back to Race Website ✕

Review your registration information:

Race Information

Race: 2021 ASCP: Virtual Exercise Challenge Location: Brentwood, TN 37027 US
Race Date: March 1, 2021 - June 4, 2021

Registrants

Laura Reynolds
Date of Birth: March 12, 1983
Age On Race Day: 37

 2665 Paddock Park Drive
Thompsons Station, TN US 37179  555-555-5555
 laurabeasleyreynolds@gmail.com  F

Event: 2 Hours of Water Aerobics (Monday March 1, 2021) T-Shirt: Large

+ Add Another Registrant

Registration Cart

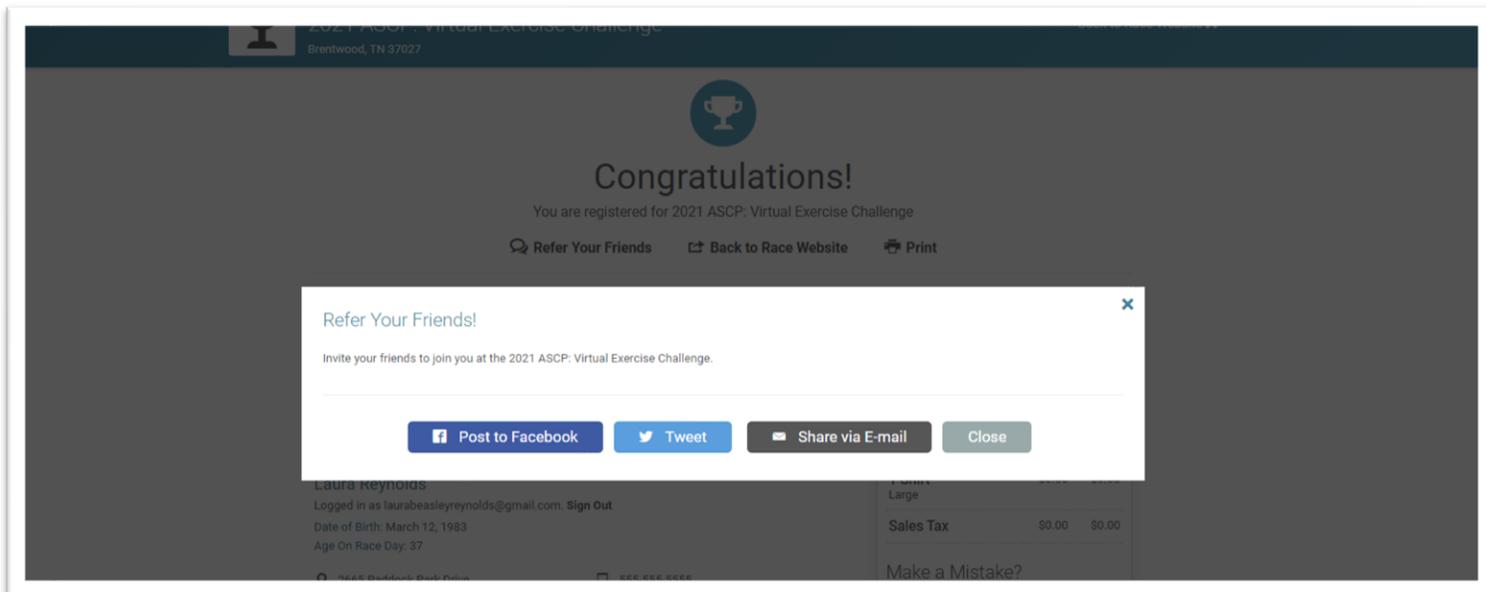
	Item	Total
	2 Hours of Water Aerobics Laura Reynolds	\$0.00 \$0.00
	T-Shirt Large	\$0.00 \$0.00
	Sales Tax	\$0.00 \$0.00
	Base Cost:	\$0.00
	Processing Fee: 	\$0.00
	Total:	\$0.00

You can clear this transaction within 15 minutes. After that all sales are final and there are no refunds.

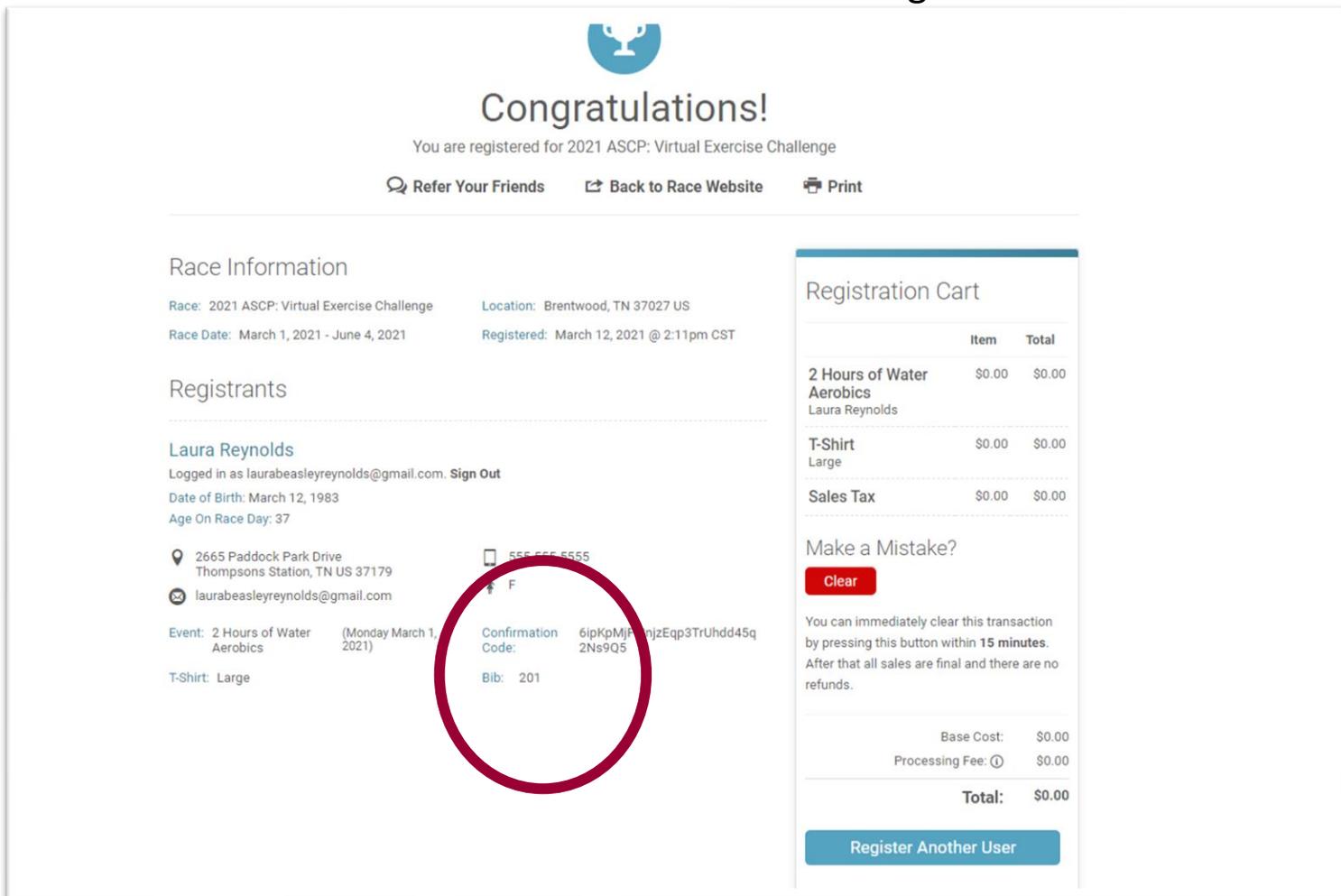
Complete Registration Back

Step 10: Spread the word!

Invite your friends and share on social media (optional)!



CONGRATS! You have now successfully registered for the
ASCP Virtual Exercise Challenge!



***Remember your bib number – this will be how you enter your results and ultimately earn your COMPLIMENTARY t-shirt!**

Entering Your Results

Step 1: Select the Results tab

Click "Results"

Sign Up

RACE INFO EVENT INFO SIGN UP PARTICIPATING RESULTS REFUND POLICY

2021 Virtual Exercise Challenge

Mon March 1 - Fri June 4, 2021
Brentwood, TN 37027 US

ASCP 2021 ANNUAL MEETING
Integrating New and Novel Treatments into Clinical Practice and Education

ASCP AMERICAN SOCIETY OF CLINICAL PSYCHOPHARMACOLOGY
June 01-04, 2021
Virtual Conference

EVENTS

- 2 Hours of Cardio (running, elliptical, cycling, swimming, etc.) \$0
- 2 Hours of Strength Training \$0
Registration ends June 4, 2021 at 11:59pm CDT
- 2 Hours of Water Aerobics \$0
Registration ends June 4, 2021 at 11:59pm CDT
- 2 Hours of Playing a Sport (tennis, basketball, racquetball, etc.) \$0

Step 2: Select "Submit virtual results"

Results For
2021 ASCP: Virtual Exercise Challenge
Brentwood, TN 37027

Back to Race Website ✕

Post Virtual Results! This race has virtual events. If you completed a virtual event, submit your results here. [Submit Virtual Results](#)

Questions About Results? Get in touch!

Year: 2021 Result Set: Virtual 2 Hc

Search by name, bib number, town, etc...

Place	Bib	Name	Gender	City	State	Country	Clock Time	Chip Time	Custom	Progress	Pace	Age	Age Percentage
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There are no results matching your search in the following event: 2 Hours of Cardio (running, elliptical, cycling, swimming, etc.).

< Previous Page 1 of 1 100 per page Next >

Step 3: Search for your name.

2021 ASCP: Virtual Exercise Challenge
Mon March 1 - Fri June 4, 2021
Brentwood, TN 37027 US

Participant Tracking

Search By Name OR Search By E-mail Address

First Name *
Laura

Last Name *
Reynolds

E-mail Address *

Date of Birth *
mm/dd/yyyy

Lookup Registration

Lookup Registration

Anonymous users are not shown in this report.
If you have registered for this race with an anonymous account, you can view your registration(s) by clicking here.

Race Info Event Info Sign Up
Participant Tracking Results Refund Policy

Step 4: Log your activity

Additional screenshots on how to do this are on page 10

2021 ASCP: Virtual Exercise Challenge
Mon March 1 - Fri June 4, 2021
Brentwood, TN 37027 US

Participant Tracking

Race-Timed Split & Finish
Receive text or e-mail alerts as participants receive tracking equipment along the course. Tracking alerts are based upon the participant's bib/chip and participants do not need to carry their phone. The number of alerts is per course. Sign up to receive alerts with the Result Notifications buttons below.

BIB NUMBER	NAME	EVENT	REGISTRATION DATE	OTHER DETAILS	RESULT NOTIFICATIONS
201	Laura Reynolds More Details	2 Hours of Water Aerobics Log Activities	Mar 12, 2021 at 2:11pm CST	Gender: F Age: 37 Thompsons Station,	Result Notifications

Lookup Someone Else

Log Activities

Sign up for result notifications (optional)

"More Options" screenshot can be found on next page. "More Options" allows you to see your details.

Clicking "More Details"

Only you can see this information. This is not publicly available.

2021 ASCP: Virtual Exercise Challenge

Mon March 1 - Fri June 4, 2021

Brentwood, TN 37027 US



Post virtual results

This is a virtual event. Once you have finished your event, submit your results here.

[Submit Virtual Results](#)

Laura Reynolds

Registration #48979028

Please note that only you can see this information because you are logged in. This information is NOT publicly available.

If you registered other people under this account for this race, you can find their registration by [clicking here](#).

[Resend Confirmation E-mail/Barcode](#)

Event: 2 Hours of Water Aerobics

Registrant: Laura Reynolds

 laurabeasleyreynolds@gmail.com





Bib #: 201

Gender: Female

Date of Birth: 

Age at Time of Race: 

Registration Date: 03/12/2021 2:11pm CST

Registration Status: Active

Give-Away Option: Large

Checked In: No

Total Amount Paid: \$0.00

Step 4: Clicking “Log Activities”

Note your date completed and total time spent doing activity

Submit activity

2021 ASCP: Virtual Exercise ChallengeBack to Results ✕



Log Activities

Laura Reynolds: 2 Hours of Water Aerobics
Results will be accepted from Friday March 12, 2021 12:00:am CST to Friday June 4, 2021 11:59:pm CDT. [Click here](#) for additional details.

New Activity

Date Completed * Custom *

Enter Your Time
HR MIN SEC

Comment

[+ Add Another Activity](#) [Import Activities from CSV file](#) [Lock Account v](#)

2021 ASCP: Virtual Exercise ChallengeBack to Results ✕



Laura, your activity has been saved!

Your results have been posted for the:
2 Hours of Water Aerobics

ⓘ They should show on the results page within the next 1 - 3 minutes.

Results will be accepted from Friday March 12, 2021 12:00:am CST to Friday June 4, 2021 11:59:pm CDT. [Click here](#) for additional details.

Step 5: Congrats! You've completed the Challenge!

Share on social media (optional)

results > individual result

2 Hours of Water Aerobics | Add and compare participants + Clear All ↻



Laura Reynolds
2 Hours of Water Aerobics
Female Age 37 Thompsons Station, TN

Certificate

Log Activities | Set Notifications

BIB
201

Tally 5 | Gun Time 2:00:00 | Overall 1 of 1

Questions About Results?

Last Activity Source: Web

Activities Log Activities

March 12, 2021
5 2:00:00 Enter your details

Share this Page

URL: <https://runsignup.com/Race/Results/105299/IndividualResult/KXzM?resultSetId=243135#U49122374>

      0

Sign Up