

# HORNED FROG FAMILY 5K

## REGISTRATION & RACE INSTRUCTIONS

### RUNNER & RACE REGISTRATION

1. Download the free RUNFARUSA mobile app for iOS or Android in the app store or by visiting <https://rtrt.me/app/tcu>
2. Once downloaded and installed, open RUNFARUSA on your mobile device.
3. Search for the event by typing "TCU Family Weekend" in the top search bar.
4. At the top of the screen, click the purple bar that says "TCU Remote 5K Register Now."
5. Click "Sign In."
6. If you have not used RUNFARUSA before, you will need to create a username and password. Click "Sign Up."
7. Enter your birthdate, country, select "5K," and select "No" for team.
8. Click "Register Now!"
9. Your profile is now linked to the Family Week 5K and you should see a map view. If you see your account info, use the "Back" button at the bottom of the screen to navigate to the map view.
10. Once on map view, make sure to enable location services (GPS) and activity/motion when prompted. If you do not see this option, click the two white lines above your name on the map page to reveal these options. You only have to do this during your initial use of the app.

### TO RACE

1. To record a practice race or your actual race, open RUNFARUSA app.
2. If the map view of the race comes up, go to step 4.
3. If the map view does not appear, select "2020 TCU Family Weekend Remote 5K" from the list of upcoming events and then select your runner profile.
4. Once on map view, click the two white lines above your name on the map page to reveal a green button.
5. When you are ready to begin racing, press the green button. Not ready to start? You can reset by selecting the "STOP Leave Race" button.
6. Real-Time Remote Racing uses your phone's GPS to track your race. The app will automatically stop recording your time and upload it once you complete the distance of the race.

Need Help? Check out the RUNFARUSA Tips and FAQs at <https://rtrt.me/docs/user-guides/remote-racing-faq> or email RUNFARUSA support at [support@runfarusa.com](mailto:support@runfarusa.com). You can also see RUNFARUSA in action at <https://youtu.be/PgYQJWEqIt8>.