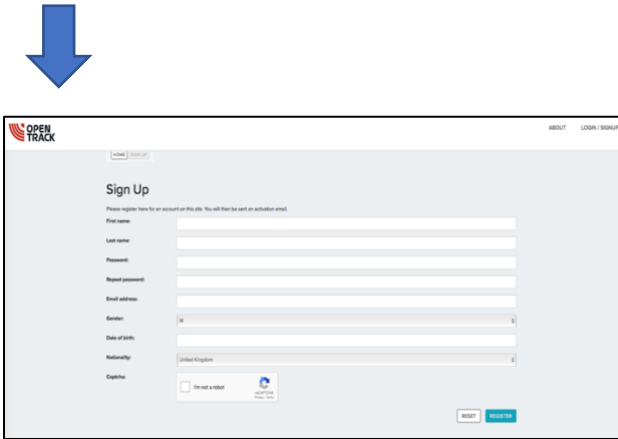


Black Pear Joggers – Malvern Buzzards – Worcester Athletic Club Inter Club Virtual 5K Series

How to set up an Opentrack® account, enter the race, and upload a Strava/Garmin time.

You will need to have/open an Opentrack account – Here: <https://opentrack.run/product/virtual-racing.html>



The screenshot shows the 'Sign Up' page on the Opentrack website. It includes a 'Please register here for an account on this site. You will then be sent an activation email.' message. The form fields are: First name, Last name, Password, Repeat password, Email address, Gender, Date of birth, and Nationality. There are 'ABOUT' and 'LOGIN / SIGNUP' links at the top right. A blue arrow points down from the text above to this form.

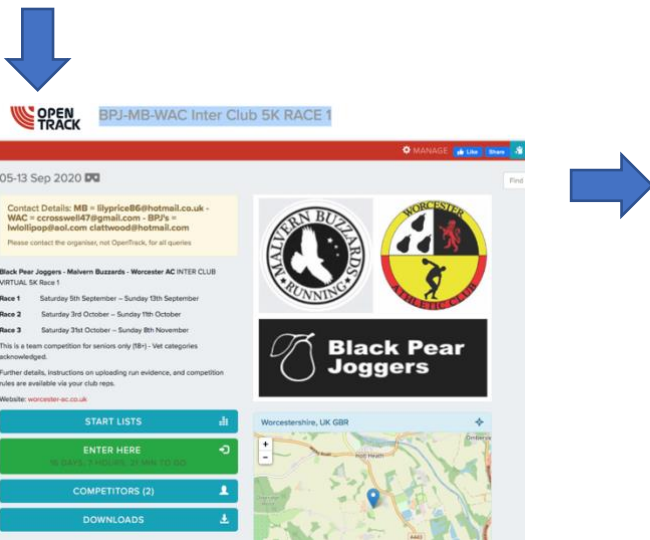
When you activate your account you will be taken to -



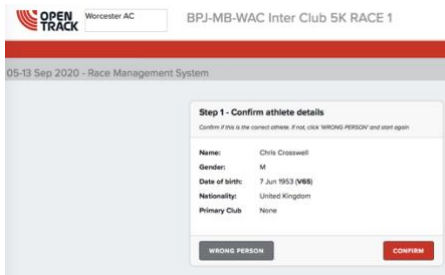
The screenshot shows an email with the following text: 'Hi, Thank you for registering at entries.opentrack.run. Please click the activation link below to finish the signup process: https://data.opentrack.run/accounts/activate/?ref=3054221:145486:8QINGYBRV78DyA9c3ulJmeU7meztlan-gbX%53Ftype%53DVIRTUAL Please only click this ONCE. It is valid for 2 days. If not used during this period, the signup will need to be repeated. After clicking the link, you should be able to log in normally. Thank you'. A blue arrow points down from the text above to this email.

Or use the link:

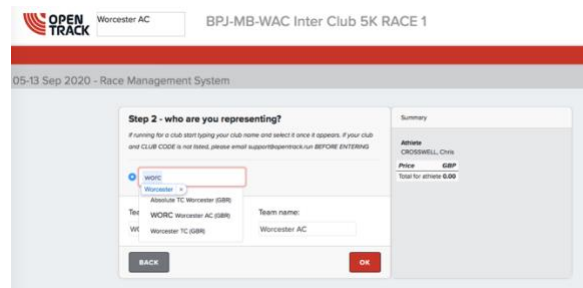
<https://data.opentrack.run/en-gb/x/2020/GBR/triclub5/>



The screenshot shows the race entry page for 'BPJ-MB-WAC Inter Club 5K RACE 1'. It features contact details for MB (lilyprice86@hotmail.co.uk) and WAC (ccrosswell47@gmail.com). It lists three races: Race 1 (Saturday 3rd September), Race 2 (Saturday 3rd October), and Race 3 (Saturday 23rd October). There are buttons for 'START LISTS', 'ENTER HERE', 'COMPETITORS (2)', and 'DOWNLOADS'. A map of Worcestershire, UK is shown. A blue arrow points down from the link above to this page.



The screenshot shows the 'Step 1 - Confirm athlete details' form. It asks to confirm if the user is the correct athlete. The form fields are: Name (Chris Crosswell), Gender (M), Date of birth (7 Jun 1953 (M65)), Nationality (United Kingdom), and Primary Club (None). There are 'WRONG PERSON' and 'CONFIRM' buttons. A blue arrow points down from the text above to this form.



The screenshot shows the 'Step 2 - who are you representing?' form. It asks to confirm if the user is representing a club. The form fields are: Club (WORC Worcester AC (GBR)), Team name (Worcester AC), and a 'Team code' field. There are 'BACK' and 'OK' buttons. A summary box on the right shows: Athlete: CROSSWELL, Chris; Price: GBP; Total for athlete: 6.00. A blue arrow points down from the text above to this form.

Use this link for detailed instructions on uploading run data -
https://docs.opentrack.run/funstuff/strava_garmin_upload/

Please ensure that you name your run **BPJ-MB-WAC Race 1 (2)(3)** and link from that run – a general link to Strava means admin have to trawl through the site to find your race!

For further details contact:

Worcester AC - Chris Crosswell ccrosswell47@gmail.com Malvern Buzzards - Lily Price captain@malvernbuzzards.uk
Black Pear Joggers - Lorraine Westcott lwollipop@aol.com Chris Attwood clattwood@hotmail.com

The Race Organisers