North Gwinnett Distance/XC Training Log – Running2Win Website

This log will help you keep track of the miles you run and will help the coaches with your training. This is also how you log miles to earn winter rewards! To create an account, log in, and join the ***North Gwinnett Distance*** team, see the directions below. Also below are the directions on how to log a run, keep track of mileage on your shoes, and connect your Garmin to r2w.

How to create an account:
1. Go to www.running2win.com
2. Click the Login button, then click "*Sign Up*"
3. Create your username and password.
4. Fill in the rest of the personal information for your account and click "Register my running2win account".

How to join the North Gwinnett Distance team and get the App:
1. Once you have created your account & logged in, click on the "Menu" icon in the top right-hand corner.
2. From the drop-down menu, click on "*Find/Join a Team*".
3. From the pop-up window, type "*North Gwinnett Distance*" and hit Enter.
4. Click on it and request to join the team. A request will be sent to us and we will add you to the team.
5. To get the app, click on one of the links below from your phone and download the "**running2win Mobile**" app (**NOT** the "running2win Lite" app!). With this app, you can log runs directly from your phone!
    a. Apple: **https://itunes.apple.com/us/app/running2win-mobile/id521138520?ls=1&mt=8**
    b. Android/Google Play: **https://play.google.com/store/apps/details?id=com.running2win&hl=en_US&gl=US**
6. Now, see the directions on this sheet: "How to Log a Run", "How to track mileage on your Shoes", and "How to connect your Garmin to r2w"!

How to Log a Run:
From the running2win.com website:
1. Next to today's date select: "*Log today's run*" or "*Log yesterday's run*"
2. Enter as much information as possible about your run (especially shoe info!).
3. Save your run. Only click the "*Save*" button once!
4. After you save your run, scroll down to see the monthly calendar to verify that your run was recorded correctly.

How to track mileage on your Shoes:
From the running2win.com website:
1. Once you have logged in, click on the "Menu" icon in the top right-hand corner.
2. From the drop-down menu, click on "*Shoes*".
3. Click on the "Add new shoe" button and enter your shoe info.
4. Set your shoe's expiration mileage at "350".
5. Click on the "Save" button.
6. Now, when you log your run (see above), you can select which shoe you ran in & track your shoe's mileage to prevent injuries!

How connect your Garmin to r2w (you must have a Garmin Connect account):
Must be done from the running2win.com website:
1. Once you have logged in, click on the "Menu" icon in the top right-hand corner.
2. Then, click on "Connect Garmin".
3. Follow the instructions (you'll enter your Garmin Connect username and password)
4. Click "Save" then "Agree", and you'll be all set! Your Garmin runs will now automatically sync to Running2win!