

How to create a RunningAhead account.

1. Go to www.runningahead.com/register and create an account.

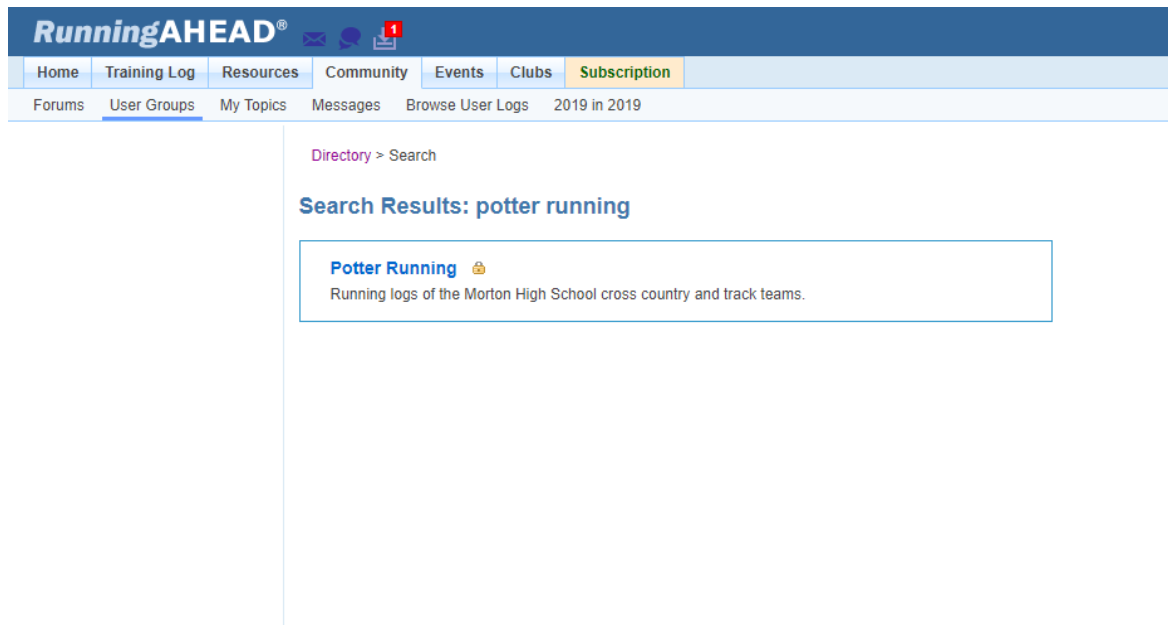
The screenshot shows the RunningAhead registration page. At the top is a navigation bar with links for Home, Training Log, Resources, Community, Events, Clubs, and a highlighted 'Join Now!' button. The main heading is 'Join RunningAhead', followed by a sub-heading 'It takes just a few seconds to join. Already a member? Sign In.' Below this, a prompt asks the user to fill in fields to create an account. The form includes input boxes for Screen Name, Email, Confirm email, Choose password, and Confirm password. There is a checkbox for 'Age requirement: I am 13 years or older'. A note states: 'do not use password management software to auto fill the password fields.' Below the form is a 'Create' button and a link to 'Terms of Service and Privacy Notice'. On the right side, there is a privacy notice box with the text: 'Your privacy is important to us. Our goal is to create the best collection of tools to help you train effectively. We adhere to the following rules to safeguard your privacy.' It lists three bullet points: 'Your Email address is used for identification only. We do not share it with anyone.', 'All the data you enter are optional.', and 'Other users cannot see your data unless you allow them.' At the bottom of the page, there is a copyright notice '© 2019 RunningAhead, LLC. All rights reserved.' and links for 'Terms of Service', 'Privacy', 'Feedback', and 'Help'.

2. Once you have created your account choose Community and then User Groups.

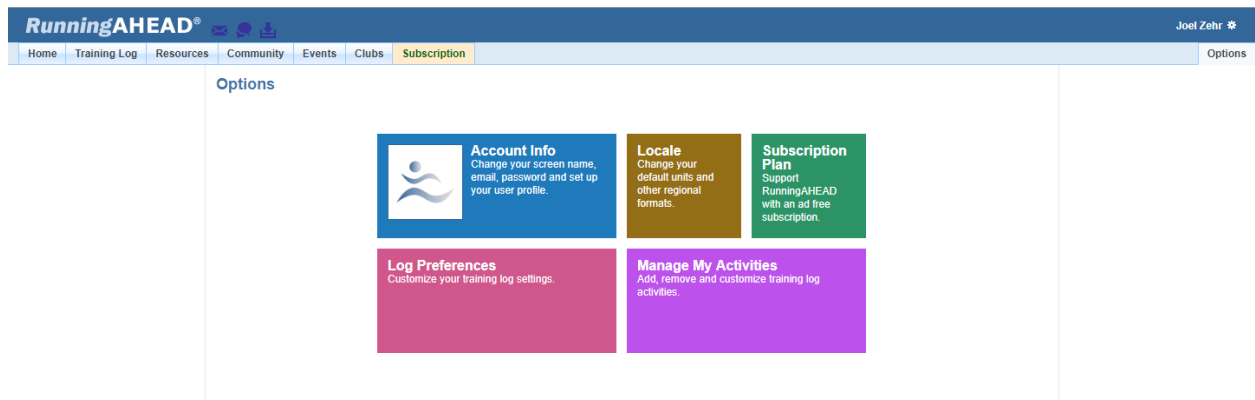
The screenshot shows the RunningAhead website interface. The navigation bar includes Home, Training Log, Resources, Community, Events, Clubs, and Subscription. The 'Community' menu is open, showing options for Forums, User Groups, My Topics, Messages, and Browse User Logs. The 'User Groups' option is highlighted. Below the navigation bar, there is a main heading 'Train. Analyze. Improve.' and a sub-heading 'Achieving goals through better information'. There are buttons for 'Running Plans', 'Running Maps', and 'Data Analysis'. A 'Comprehensive Workout Logging' section is visible, with a sub-heading '2019 in 2019'. Below this, there is a form for logging a workout. The form includes fields for Date (4/20/2009), Time of day (10:00 AM), Activity (Run), Workout Type (Race), Route (Boston Marathon), Distance (26.2 Mi), Duration (3:09:27), Pace (7:14 / Mi), and Equipment (Nike Air Span 5+ (C) [201.4 Mi]). To the right of the form, there is a text block describing the logging feature: 'RunningAhead's running log is completely free. It is simple and intuitive to use yet allows you to record all aspects of your training. Track your shoe mileage and map your running routes. You can create custom activities and workout types. You can enter your data manually, upload your workouts directly from your Garmin Forerunner GPS or data files. Analyze your running data and display your statistics and maps on your blog.'

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3. Search for Potter Running. See a coach for the password.

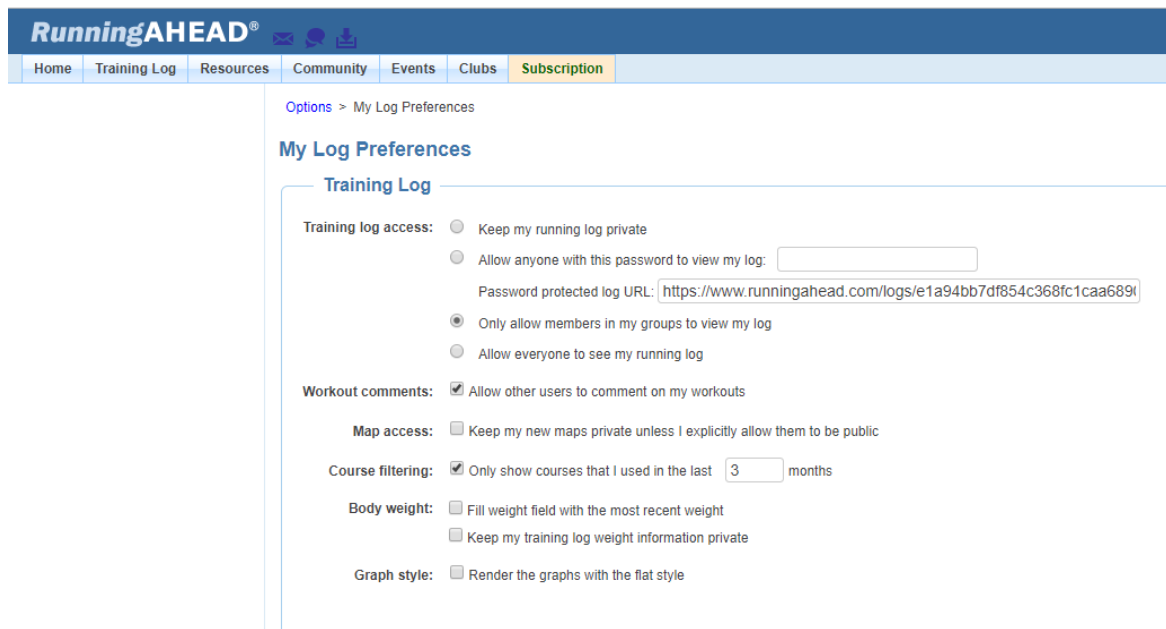


4. Next go to Options and then Log Preferences.

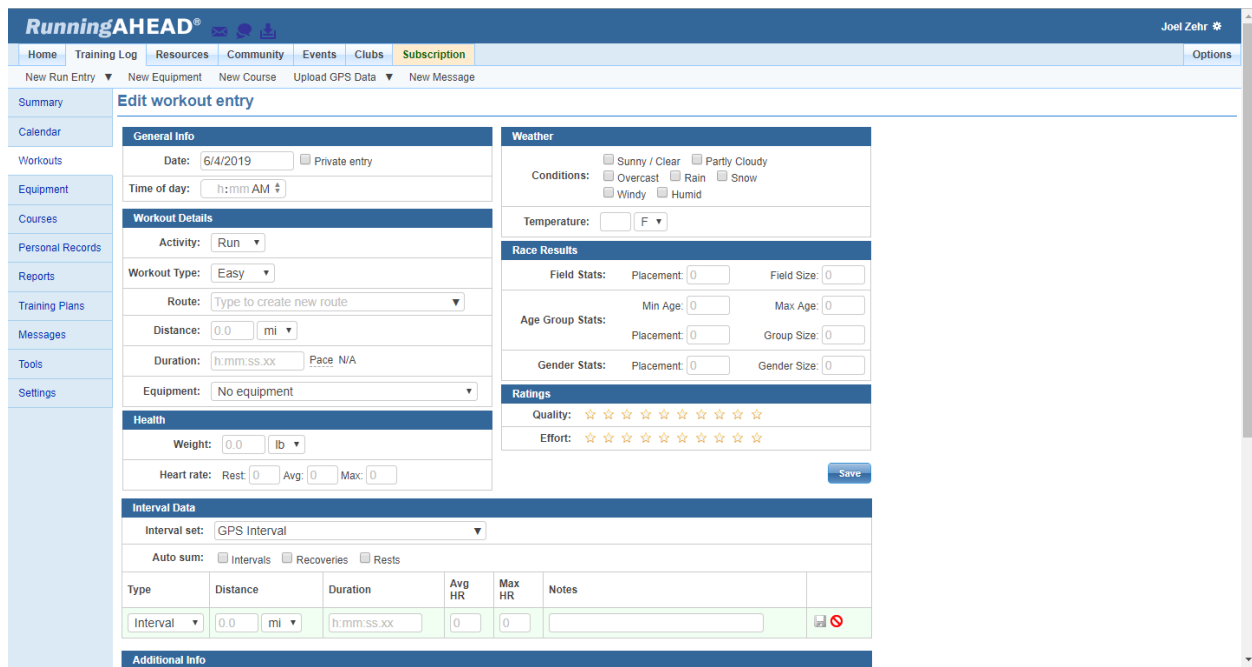


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5. Under Training log access choose: Only allow members in my groups to view my log and then press save.



6. You are now ready to start logging your miles. Click on Training Log, then choose New Run Entry. Enter your information (at bare minimum enter your date, distance, and duration) and then press save. Finally click on Calendar to view your runs and mileage for the week.



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You can also see all of your teammates logs by going to Community, User Groups, Potter Running, and then clicking reports. If you select distance from the report you can order the list by number of miles logged.