Downloading Embarc & Creating an Account

- Navigate to either the App Store link (https://apps.apple.com/us/app/embarc-fitness/id1524803037) or the Google Play Store link (https://play.google.com/store/apps/details?id=com.embarcfitness.embarc) to download the Embarc app. The app icon will match the logo at the top left of this page.
- Install Embarc on your phone.
- Open the app.
- Create an account. There are two ways to do this:
    - Sign up via email by clicking "sign up" directly below the Apple Logo (*this is the preferable option).*
        - Enter your name, email address, and a secure password.
    - Sign in with Google, Facebook, or Apple ID.

Entering the Race

- Navigate to the "Race" tab on the bottom of the screen.
- Press the blue "+" icon on the top right of the screen. You will be prompted to enter a race code.
- Enter the Kentucky Derby 5K by inputting the code "1928," the year JLDOC got started as the Red Cross Motor Corps!
- After entering the code, the race should appear under "Your Races."
- You may view the leaderboard by clicking anywhere on the Kentucky Derby 5K tile other than "Let's Race." *Please note that you cannot start the race until April 24th.*
- You do not need to do anything else if you are not ready to run. Feel free to explore the app to get comfortable with using it! We encourage a short test run or walk for familiarity's sake—just do any testing from the "Let's Run" tab and not the "Race" tab.

Running the Race

- It's race day! Good luck! First, open the Embarc app.
- Navigate to the "Race" tab on the bottom of the screen.
- If you're ready to race, continue on! Keep in mind that Embarc will only allow you to run the race one time. So, please do not continue unless you're absolutely sure you're ready to run.
- Click "Let's Race." This will bring you to our route creation screen. You will see that all of the sliders are locked. You cannot edit anything on this screen aside from your desired starting location. This is to ensure that, if you choose to generate a route instead of doing a free run, you generate a route of the correct distance.
- *Choosing Your Race Option*:
    - Free Run: Please note that you **do not *need* to** generate a custom route for this race. If you'd rather run your own route, just select "Free Run" at the bottom of the screen. Doing so will bring you to the run screen.

- o <u>Generate Route</u>: For our many Triangle area racers, you can use Embarc to create a race route if you'd like. You do not *need* to do this for the Kentucky Derby 5K. If you choose to do this, please press "generate routes." After about fifteen seconds, Embarc will create up to four 5K routes from your starting location of choice! Select the route that you would like by clicking on the route itself on your screen. When you select your route, the app will bring you to the run screen. This feature is still in progress, so if you run into any issues with generation, please just close the app and start over.
- Regardless of whether you choose to "Free Run" or use one of Embarc's custom generated routes, you should now be on the run screen. You'll know you're there when your screen shows a map of your current location along with a timer at the bottom.
- When you are ready to start, press "Start" and begin your run! For those following a generated route, you will need to use the app to visually guide you along the run. If you veer off route at any point, that's fine, just make sure you get to 3.1 miles wherever you end up going!
- Be aware of your surroundings! If you need to stop for any reason (for example, at an intersection or cross a street), feel free to pause the timer by pressing the "Pause" button at the bottom of your screen. When you are ready to run again, press "Start." Use your best judgement and be aware of your surroundings.
- Make sure to run 3.1 miles! If you are using a generated route, the route may slightly undershoot or overshoot the 5K distance. If the former occurs, be sure to keep running, even after you have completed the generated route. If the latter, you do not need to finish the route, only the first 3.1 miles of it.
- **When you've reached 3.1 miles, hit "Pause," then "End Route**." Embarc will automatically submit your time to our leaderboard.
  - o If, for whatever reason, you can't end your route or your route won't save, then make sure to take a screenshot of your time at 3.1 miles. We will happily resolve the issue on our end!
- You may view the leaderboard at any time to see how you stack up against fellow racers!
- Congratulations, you ran a 5K! Great job!