

## North Gwinnett Distance/XC Training Log – Running2Win Mobile APP

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 get the App:

1. Click on one of the links below from your phone or search for “running2win Mobile” 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](https://play.google.com/store/apps/details?id=com.running2win&hl=en_US&gl=US)

### How to create an account:

1. Go to the running2win Mobile app on your phone.
2. Click the “Sign Up” button
3. Complete the required info, then click “Complete Sign Up”
4. Complete the rest of the personal info, then click “Sign Up Now”
5. Once you have created your account, follow the instructions below to join the team!

### How to join the North Gwinnett Distance team:

1. From the main menu, click on the “Teams” button.
2. Then click “Join a Team”.
3. In the “Search by team Creator User Name” window, type in “coach carter”, then click “Search Teams”
4. “North Gwinnett Distance” will pop up.
5. Click on it and request to join the team. A request will be sent to us and we will add you to the team.
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 r2w App:*

1. Click on the “*Workouts*” icon.
2. Click on the appropriate date on the calendar, then click the “*Add New*” button.
3. Enter as much info as possible about your run.
  - a. *Notice you can swipe left to access “Type of Run”, “shoes”, etc. Fill in this info, too!*
4. After you’ve entered all the info for your run, click on the green “*Save*” button, and you’re done!

### How to track mileage on your Shoes:

*From the r2w App:*

1. Click on the “*Settings*” icon.
2. Click on the “*Shoes*” icon.
3. Click the “*Add*” icon to add a new shoe and enter your shoe info.
4. Set your shoe’s expiration mileage to “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!