



THE FRED RUNNING RELAYS
August 10 - 11 2018
200 / 100 / 50 Mile Relays



iStride App for iPhone

The Fred 200 Mile Relay

The Ed 100 Mile Relay

The Lena 50 Mile Relay

Contact Chris or Pete if you are having trouble or questions with the iStride:

Chris Halford (ChrisHal4D@iCloud.com)

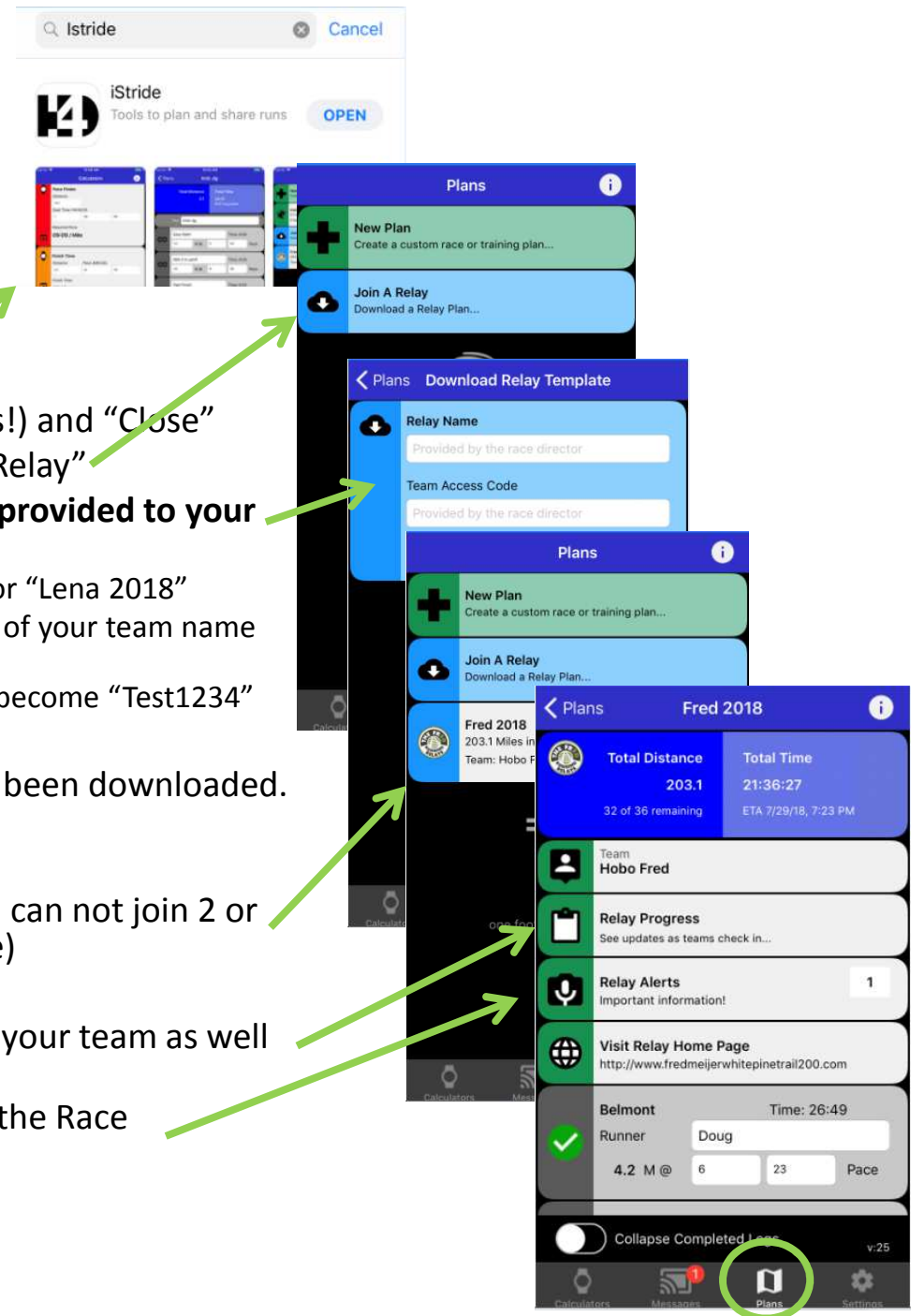
Pete Handwerker (phandwerker@sbcglobal.net)

iStride-Created by Chris Halford

- Free at the App Store!
- Only on iPhone
- Can be used by 1 or many team members
- 1 login for each team
- App data is for reference only. Bee-Hive data, and ultimately the Start/Finish data is the official record.

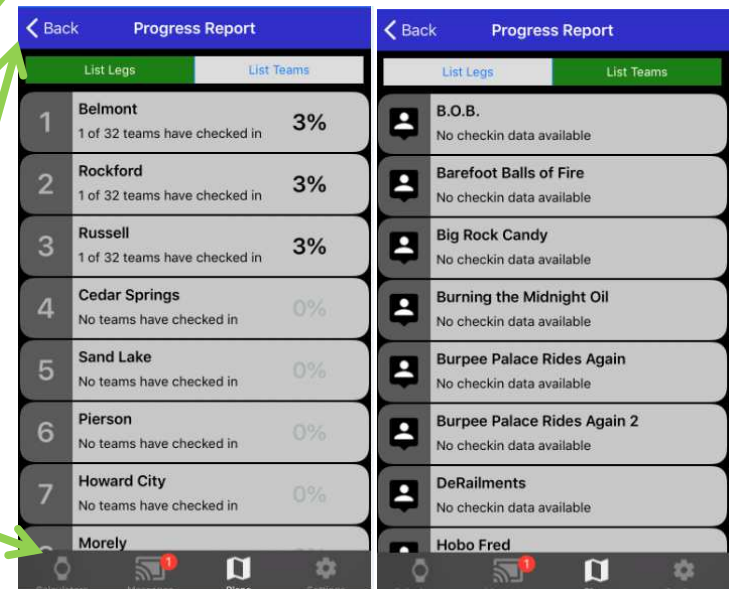
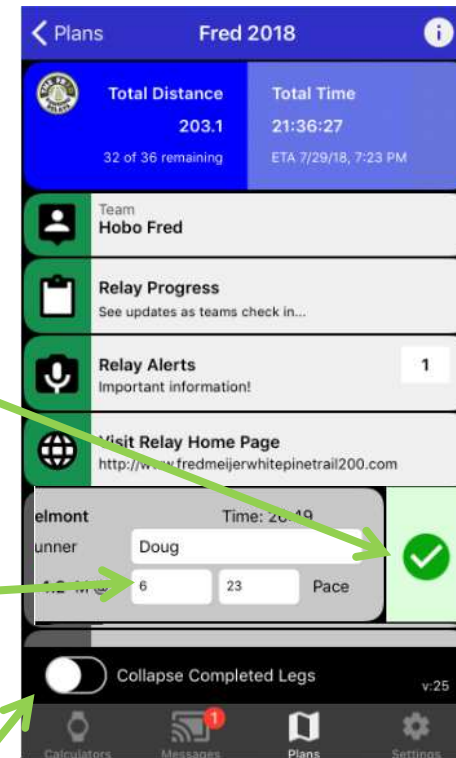
Getting started!

- Search for App in App store- type "istride"
- Click "Get"--Click "Install"--Click "Open"
- Review 6 step Welcome Message (Step 6 is Us!) and "Close"
- Click "Plans" tab at the bottom--Click "Join A Relay"
- Enter the Relay Name and Team Access Code **provided to your team Captain.**
 - Relay Name will be "Fred 2018" or "Ed 2018" or "Lena 2018"
 - Team Access Code will be a short abbreviation of your team name followed by 4 #'s.
 - For example: Team Extra Special Trains might become "Test1234"
- Click "Submit"
- Message "Save Relay Template Fred 2018 has been downloaded. Would you like to add it now?" appears
- Click "Save"
- Your race plan should now appear! (Note: You can not join 2 or more of the same race plans at the same time)
- Click on the race plan for your team!
- Here you can find and update the progress of your team as well and view the progress of the other teams!
- You can also find Relay Alerts broadcast from the Race Committee.



Race Day!

- All of the teams **predicted paces** have been uploaded for each leg!
- To mark a leg complete, swipe left & press the green check.
- If you accidentally mark a leg complete, you can undo it by swiping left & pressing the red x. No harm done.
- You can enter each of your runners names for each leg.
 - Completely optional
- You can customize the pace time for each leg as well for 2 purposes!
 - Calculating the time it will take the runner to complete the leg at their given pace, so the next runner knows when to be ready.
 - Recording the actual pace achieved on the completed leg
- Completed legs can be collapsed using the button on the bottom of the screen.
- Relay Progress can be selected to see how many teams have completed each Leg or alternatively, you can look at each team and see how others are doing!
 - While the Teams progress will be shared within the team members using iStride (15 sec refresh), the Progress Reports are generated by the Race Committee as time permits



Be sure to check out the other calculator features iStride has to offer!