



## “VIRTUAL” GUT BUSTER 2020

We are looking forward to following your journey to find a course as fun and as muddy as the Gut Buster before 31 December 2020.....!!!

Once you have ran the distance you have entered for, you have three methods to choose from to upload your run. All of which can be done either via the [RaceNation App](#) or through the [RaceNation](#) website itself:

### 1. Link your RaceNation App/account to Strava

The easiest way to Log your Run/Walk/Crawls is via the RaceNation App - which you can then automatically link with Strava.

Details of how to link the App to Strava are shown [here](#)

### 2. Record via the RaceNation App's on Timing System

If you don't use Strava, you can use the App to actuallyTime/Record your run. Details of this are shown [here](#):

### 3. Manual submission through the App/Website - this will require some further proof too

Full details of how to do this are shown [here](#).

Any problems, please email us at [events@mysportingtimes.com](mailto:events@mysportingtimes.com)