

## Online Running Log Instructions

Old Abes CC

- 1) Log on to [www.running-log.com](http://www.running-log.com) .

Click on "Create a Log".

Enter information about yourself

First name, last name, email address and password; select "miles" for units and start your week on Sunday.

Click "Sign up".

- 2) Click on "Settings" in the upper right corner to change your settings.

- 3) Click on "Teams" in the upper left corner and select "overview" in the pull-down menu.

Click on "Abes CC" under "My Teams" to join the team.

- 4) Click on "My Log" in the upper left corner to find a pull-down menu with 4 options (Calendar, Statistics, Workouts, Shoes). Play around with the calendar to determine how to record your activities. You can view by week, month, or year by selecting the one you want at the top of the calendar. If you click the 3 bars above the word "week", "month", and "year", you will be able to see a histogram of your activities.

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