



DISTANCE TRACKING INSTRUCTIONS

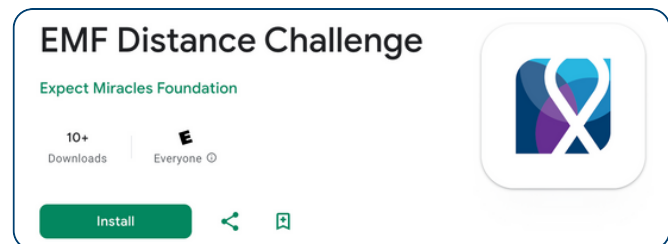
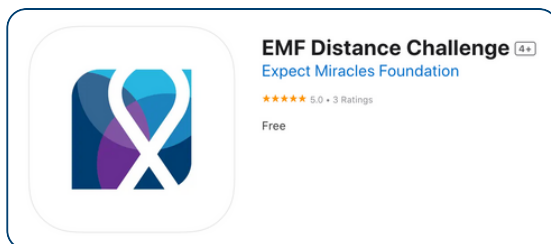
OTHER

Extremely important, please read below:

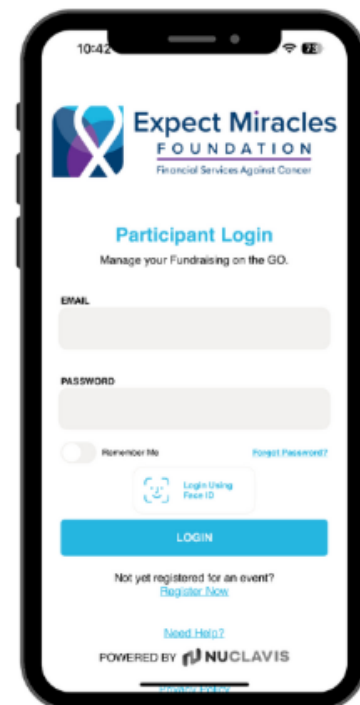
- You selected “Other” as your activity, which means you’re doing something outside of our standard categories (Run/Walk or Bike) or a mix of both.
- “Other” activities count toward your team’s total distance but do not appear on the individual leaderboard.
- Use the [Activity Conversion](#) guide to figure out your mileage (found on Pages 6-7).
- You must manually enter your “Other” distances in the app or on the website, always selecting “Other.”
- Synced tracking apps like Garmin, Strava, Apple Fitness, or Google Health will not work with the “Other” category.
- You can track your distance using those apps and then manually enter it as “Other.”
- To change your activity category to “Run/Walk” or “Bike,” before the event begins, email:
distancechallenge@expectmiraclesfoundation.org.

1. Download EMF Distance Challenge App. Search “EMF Distance Challenge” in the App Store or Google Play.

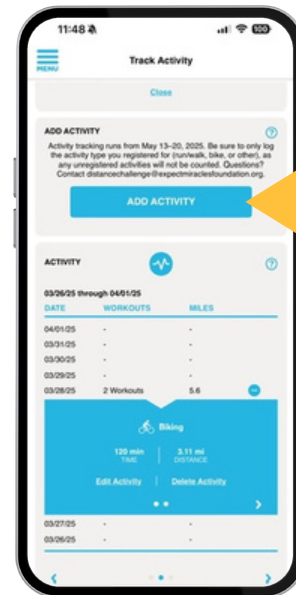
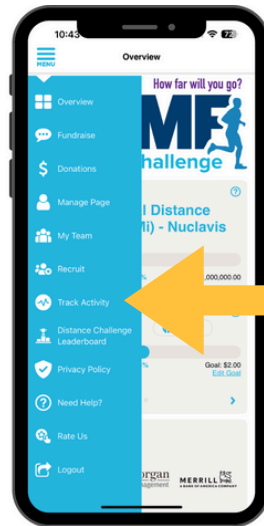
<https://urlgeni.us/EMFDistanceChallengeApp>



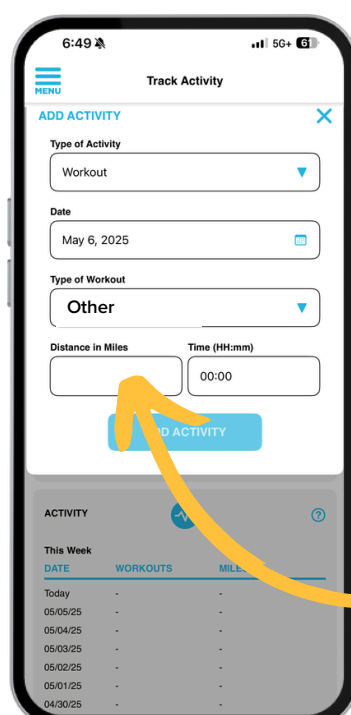
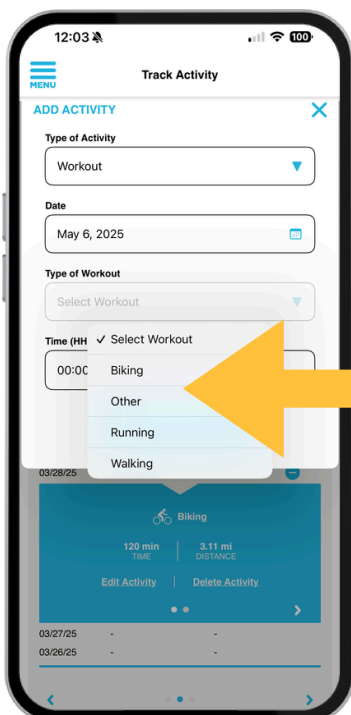
2. Input your email address and password, you can easily reset password if needed.



3. Toggle to “Track Activity” (only available starting May 13).



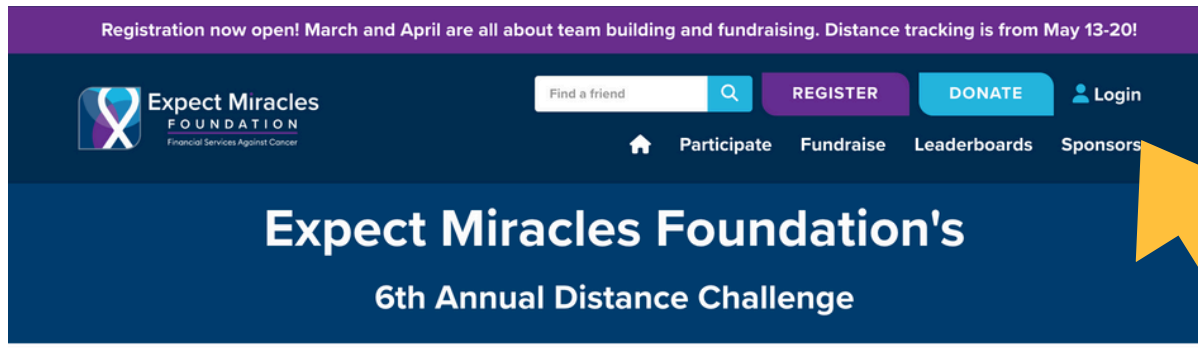
4. You Must Manually Enter Activities.



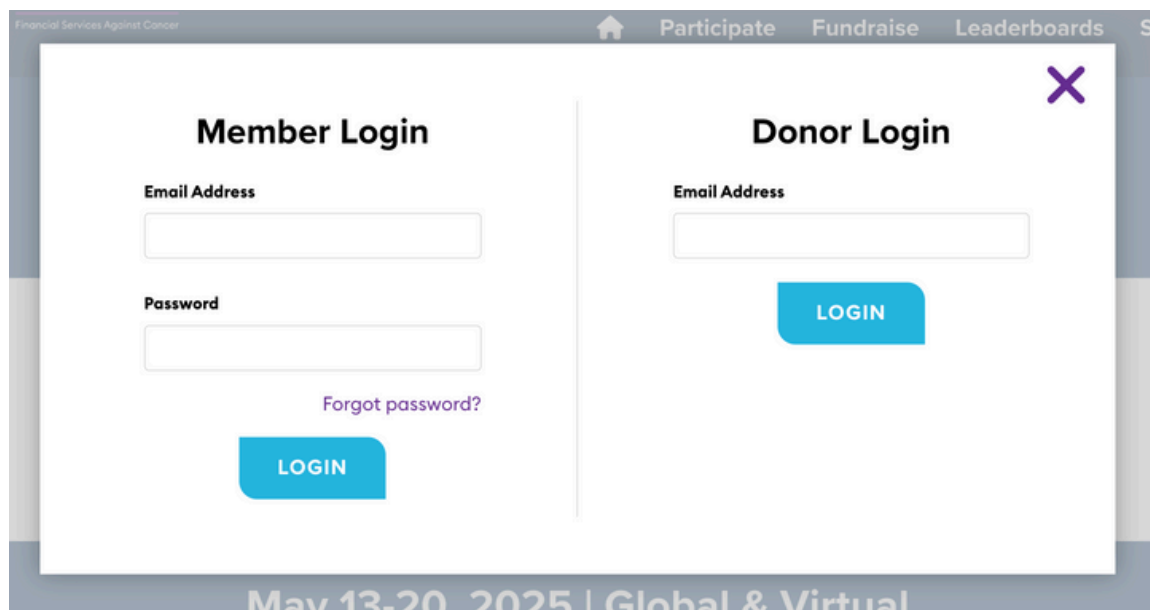
- Type of workout = “Other” always, even if you biked or ran or walked for your exercise.
- Enter the appropriate distance and time.
- You must enter the time it took, but time does not impact distance goals or leaderboard standings.

Use conversion sheet on pages 6-7.

1. Visit emfdistancechallenge.org & click login.



2. Using “Member Login” input your email address and password, you can easily reset password if needed.



Financial Services Against Cancer

Participate Fundraise Leaderboards S

Member Login

Email Address

Password

Forgot password?

LOGIN

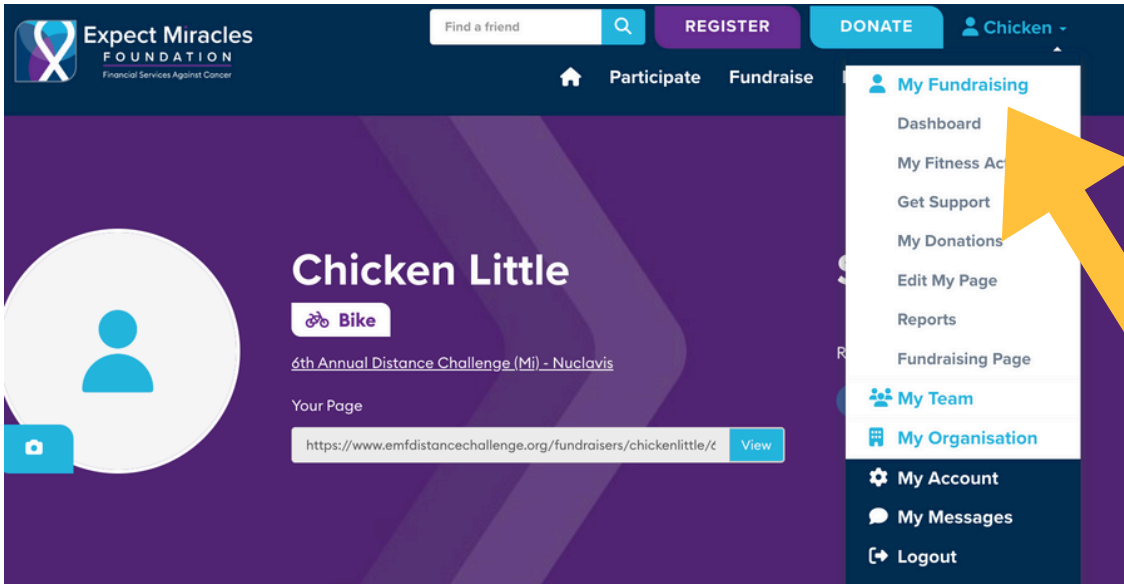
Donor Login

Email Address

LOGIN

May 13-20, 2025 | Global & Virtual

3. Toggle to “My Fitness Activity” (only available starting May 13).



4. Manually enter distances here (scroll down and click “save changes”).

Add Activity

You can manually add any activity you have completed using the options below. Important: If you logged your activity via an app, it will take 24 hours for your activity to appear on your page.

Date *

Activity Type *

Other

Distance (mi)

Manual Tracking is based on the honors system. Please take a picture or screen shot of every activity you complete as we may request to audit your activity screenshots at any time.

Again, manually added activity may take 1+ hours to appear on your page and/or the leaderboards. Our staff is monitoring your entries and all distances will be accurate **when the winners are announced on 5/24**. DO NOT add the same entry more than once if it is not showing up on your page and/or the leaderboards.

Use conversion sheet on pages 6-7.

SAVE CHANGES

Activity

Time spent to equal to 1 Mile



Boxing

7 minutes



Pickleball / Tennis

10 minutes



Hiking

12 minutes



Swimming

12 minutes



Rowing

8 minutes



Basketball

20 minutes



Pilates

20 minutes

Got Questions? Contact distancechallenge@expectmiraclesfoundation.org

Activity

Time spent to equal to 1 Mile



Orange Theory Fitness

8 minutes



HIIT Class

9 minutes



Kickboxing

9 minutes



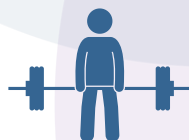
Yoga

20 minutes



Dancing

25 minutes



Working out

27 minutes



Squats

80 Squats

Got Questions? Contact distancechallenge@expectmiraclesfoundation.org