

🏃 Welcome to the 19 for 19 Challenge – The Gauntlet 🏃

Hi there,

Welcome to The Gauntlet — a run / walk challenge built to fire up the lead-in to 19for19 Challenge.

Here is everything you need to know. (Some of the screenshots might look different for you, but we hope it explains everything).

Your Gauntlet challenge details

- Here are the details you will need to update your challenge.

Name
Confirmation ID
Challenge

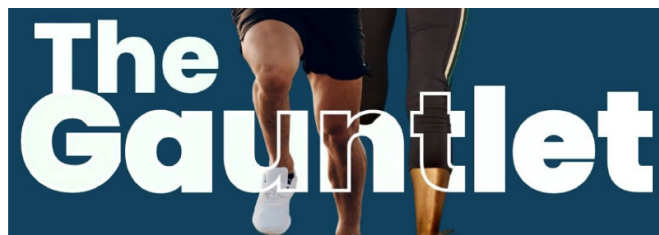
The Gauntlet Results Homepage

- Here is the **link** to the Results Homepage. This is the starting point for you to check out the leaderboard and record your activities.

THE GAUNTLET RESULTS PAGE

- There are six (6) races (challenges)
 - **Elite 100** — your progress as part of the solo challenge
 - **Elite 150** — your progress as part of the solo challenge
 - **Team 100 (individual results)** — your contribution as part of the team challenge
 - **Team 150 (individual results)** — your contribution as part of the team challenge
 - **Team 100 (group results)** — to see how your whole team is going
 - **Team 150 (group results)** — to see how your whole team is going

🏠 Home 📊 Leaderboard 👤 Following



Select from the categories below to look at the Leaderboard, send encouragement to your friends and see what a difference everyone is making.

Races

Elite 100 View Results	Elite 150 View Results	Team 100 (individual results) View Results
Team 150 (individual results) View Results	Team 100 (group progress) View Results	Team 150 (group progress) View Results

How to track your kilometres / add an activity

- From the Results page, click on the **“View Results”** button for your challenge.
- Select the **“+ Post an activity”** button.

Home Leaderboard Following



Your Sunday 18 October 19km walk counts straight toward your total — so you're already part of the way there!

+ Post an activity

Race: Elite 100

Search this leaderboard

Filters

Showing 1 out of 1 entries

Follow	Place ↓	Name ↓	Total distance ↓	% complete ↓	Edit	Delete
☐	1	Forest Gump	10 km	10%	Edit	Delete

- If you are not logged in to Race Roster, you will need to confirm your registration. The easiest way is to enter the **“confirmation number”** and **“last name”** you will find on this email. Then, click **“Confirm registration”**.



Please confirm your registration in this event to post an activity

Before you can post an activity, we need you to verify your registration for this event. Please enter your confirmation number and last name. If you have any trouble please contact support@raceroster.com.

There are currently no result leaderboards ready for results submission at this time. Please try again later.

Confirm with my Race Roster account

or

Confirm registration

Enter your confirmation number * Last name *

60713143

Gump

Confirm registration

- **Post an activity – via the “Runkeeper” app.**

- Click on the **“Connect with the Runkeeper app”** button and follow the instructions. You can’t link your account until the challenge has started. Once done, your activities will automatically be loaded.

- **Enter your activity data manually.**

- Fill out the information on the right hand side of the screen. Don’t forget to **“tick”** the I agree box and then submit the result. The leaderboard will update shortly after posting. You might need to refresh the leaderboard to see your latest progress.

Virtual challenge activity completed *

Elite 100 ▾

Connect to the Runkeeper app

Once connected, application activities tracked during the challenge period will be imported to Race Roster automatically.

- Activities may take up to 10 minutes to appear on Race Roster.

[Connect with the Runkeeper app](#)

Enter your activity data manually

Date of activity (AEST) *

Date Hour Minute AM/PM
 September 18, 2026  10 : 17 AM ▾

Activity type

Select... ▾

Distance *

Unit

Kilometers ▾

Duration

Hours (HH) Min. (MM)

* : : Sec. (SS) *

or

Screenshot

Adding a screenshot is not mandatory to add your activity to the Leaderboard. All uploaded screenshots will be public.



Tap the box to choose an image from your library.

Max file size 32MB

Accepted file types are .jpg, .png, .gif

☐ I have read and agree to the [Terms of Service](#) and [Privacy](#)

- **Using Strava and linking it to the results system.**

- You can link your Strava account to the leaderboards. All you need to do is:-
 - Follow the 19 for 19 Challenge – The Gauntlet page.
 - Here is the Strava “club” URL for you to join.
 - **[19 for 19 Challenge - The Gauntlet | Strava](#)**
 - Post your activities and we will take care of the rest

- **Send us an eMail and we can do it for you.**

- If you prefer, just send the following details via email (tourderocksreg@gmail.com) and we will load your activities for you.
 - Name
 - Date
 - Activity Type (walk / run / etc.)
 - Distance
 - Duration.

Leaderboards

- Take a look at the Leaderboards. You can select each race (challenge) from the drop down box.



THE GAUNTLET - ELITE 100

ELITE 100 KM

Solo effort. Just you and the distance.

Your Sunday 18 October 19km walk counts straight toward your total — so you're already part of the way there!

[+ Post an activity](#)

Race: Elite 100

[Filters](#)

Showing 3 out of 3 entries

Follow	Place	Name	Total distance	% complete	Edit	Delete
☐	1	Cliff Young	22 km	22%	Edit	Delete
☐	2	Caterina Young	12 km	12%	Edit	Delete
☐	3	Forest Gump	10 km	10%	Edit	Delete

- The Team Group Progress Leaderboards will be updated daily.



THE GAUNTLET - TEAM 100

TEAM 100 KM

Rally your crew and split the distance.

Your Sunday 18 October 19km walk counts straight toward your total — so you're already part of the way there!

[+ Post an activity](#)

Race: Team 100 (individual results)

[Filters](#)

Showing 4 out of 4 entries

Follow	Place	Team name	Total distance	Name	Activities	Edit	Delete
☐	1	Gummy People	24 km	Flossy Glump	2	Edit	Delete
☐	2	Marathon Mania	17 km	Noddy Locks	2	Edit	Delete
☐	3	Marathon Mania	15 km	Natalie Locks	2	Edit	Delete
☐	4	Potato People	12 km	Connie Old	2	Edit	Delete



THE GAUNTLET - TEAM 100 GROUP PROGRESS

TEAM 100 KM

Rally your crew and split the distance.

Your Sunday 18 October 19km walk counts straight toward your total — so you're already part of the way there!

Race: Team 100 (group progress)

Showing 3 out of 3 entries

Filtered Place	Team	Total distance	Edit	Delete
1	Marathon Mania	32	Edit	Delete
2	Gummy People	24	Edit	Delete
3	Potato People	12	Edit	Delete

Any questions?

We are still adding more detail to the site, so please bear with us.

You won't see a lot of the information until The Gauntlet challenge begins and people begin to log their activities. So, check back then!

Remember, you won't be able to start recording your kilometres until the start of The Gauntlet.

If you have any questions, drop us a line (tourderocksreg@gmail.com) and we will get back to you.

Good luck!