

RUNNING LOG

Got to: www.logarun.com and click "Sign Up" in the upper right corner. Create a username, enter your email address and create a password. Then click "Register." Now, to join the SAMOHI team, click on the "TEAMS" tab on the top (you may have to then go to "Manage Teams"). Search for SAMOHI and click the "join" button. And that's it! Record your username on the Signature page and log your sleep and training every day.