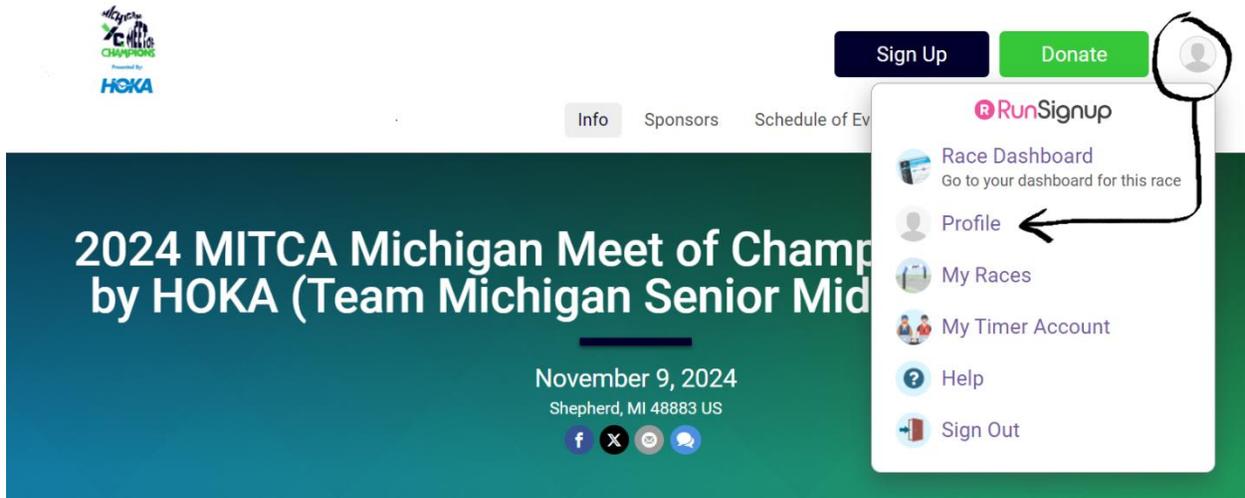


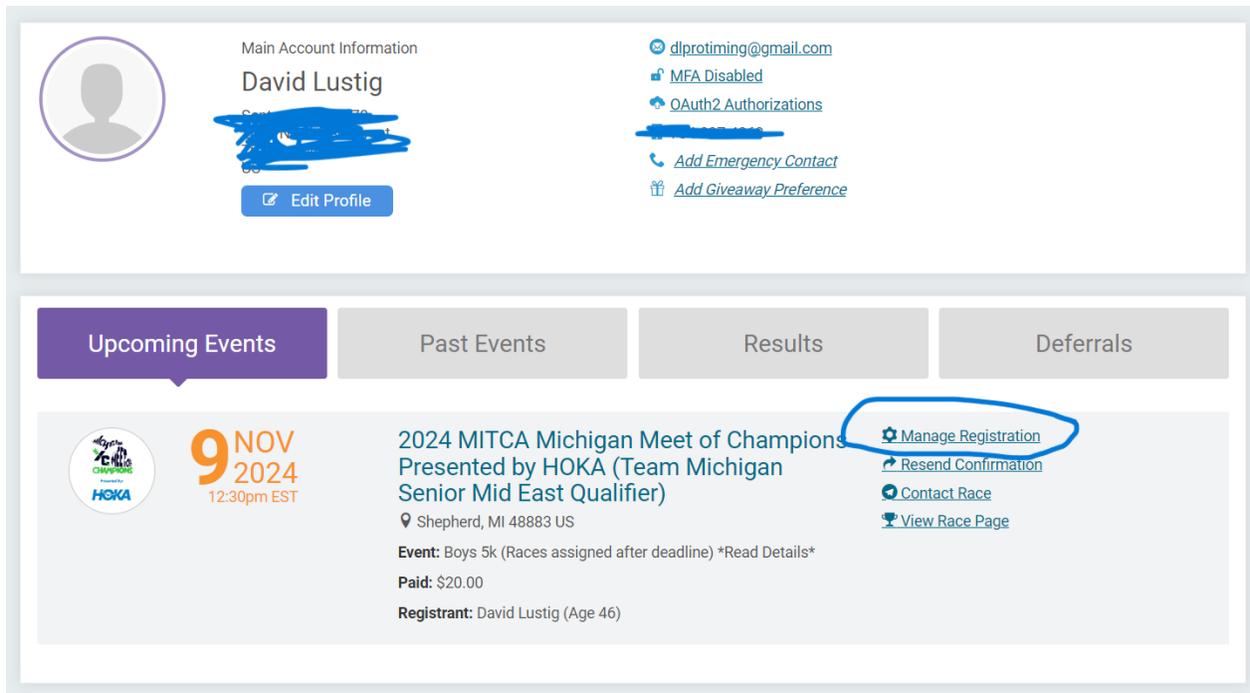
MITCA MEET OF CHAMPIONS

Step by step guide on how to update your season best time! Meet management will only use the data provided in your race registration it is important that you update your performances as necessary.

Step One – On RunSignUp.com, log in and go to your ‘Profile’



Step Two – Select the ‘Manage Registration’ option



Step Three – On the top rows, select ‘Questions’

2024 MITCA Michigan Meet of Champions Presented by HOKA (Team Michigan Senior Mid East Qualifier)
Sat November 9, 2024
Shepherd, MI 48883 US

David Lustig
Registration #87885093
If you registered other people under this account for this race, you can find their registration by [clicking here](#).

[Resend Confirmation Email/Barcode](#)

Event: Boys 5k (Races assigned after deadline) *Read Details*
Registrant: David Lustig
dlprotiming@gmail.com

Step Four – Scroll down to the question about your time. Update that and then select ‘Update Responses’

Please provide your Social Media (Twitter, Facebook, Instagram)!

We will make attempts to tag you in registration updates!

What High School or Middle School did you compete for in 2024 Cross Country? If you are not in High School/Middle School you do not need to respond.

Please indicate your grade level for the 2024/25 school year *

Post High School

In 2024, MITCA will have a fantastic guest speaker, Katie Steele, who will be discussing some of the mental and physical struggles that she has encountered in running and she was able to overcome them. All of our runners and their families are encouraged to attend. We would like to decide when and where is the best option for our speaker to provide this pre-race key note address: *

- Would rather attend at Comfort Inn Mt. Pleasant @ 10:00am Would rather attend at Shepherd HS @ 11:15am Would not be attending

This is a great opportunity to listen to well-known speaker, Katie Steele to help get motivated prior to your race! Here is a link to a recent article in Runners World: [There's a Mental Health Crisis in Women's Sports. How Do We Solve It?](#)

What is your current 2024 season 5k season best?

Hrs: 20 Mins: 15 Secs

You are encouraged to log in as necessary to update this answer as your season progresses.

[Update Responses](#)

