LOGGING YOUR MILES USING RACEDAY

Starting February 21st, 2016 follow the steps below on either your smartphone or desktop browser to log your miles. Please note that prior to February 21st, you will **not** have the ability to log runs and will not see the "Run Log" button referenced below:

On a smartphone
- Download the "Raceday" app by RaceMenu from Google Play or the Apple App Store.

Raceday
RaceMenu

On a computer
- Visit the web version of Raceday at racemenu.com/raceday using any web browser.
- NOTE: Raceday was designed for a mobile device and therefore looks better when your window is reduced to a tall and narrow window. We recommend shrinking your screen for optimal viewing
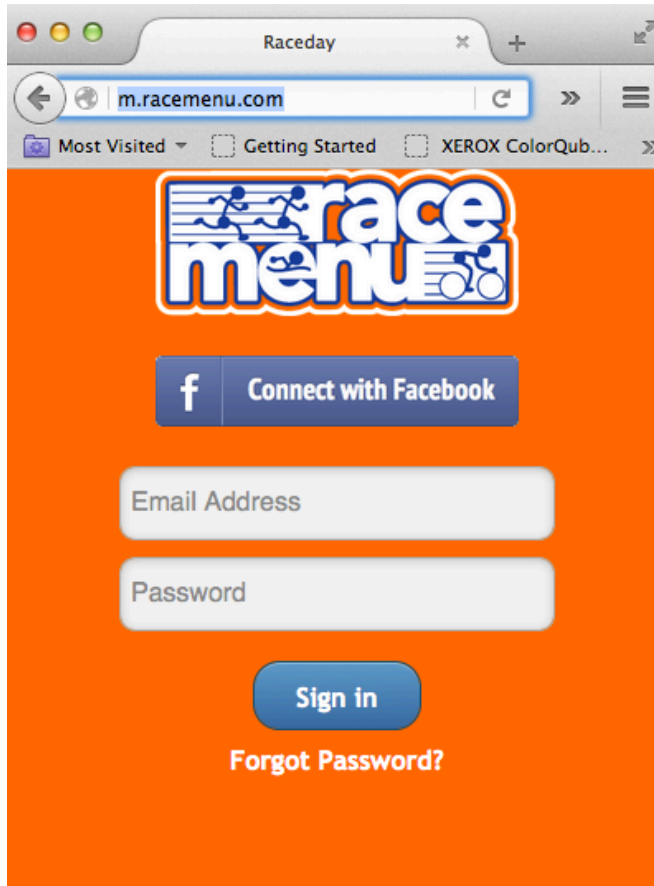
Signing into Raceday

- On either device, log into Raceday using the same login information you used to register for the Badass Wolverine Challenge. i.e. Make sure you use the same email address you used when registering or the same Facebook account.

Logging your workout with Race Log

1. Once you are logged into to race day, click "Run Log" at the bottom of the page.

2. On the next page, click on "Log a Workout". It is in the middle of the page.
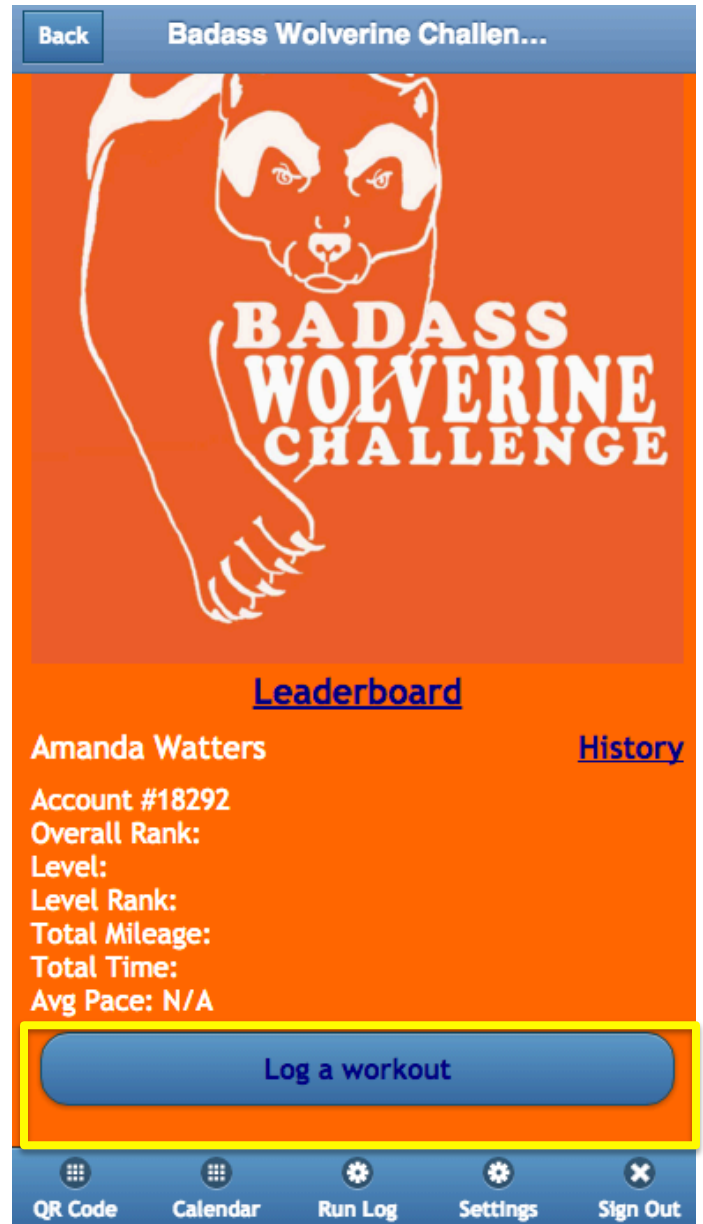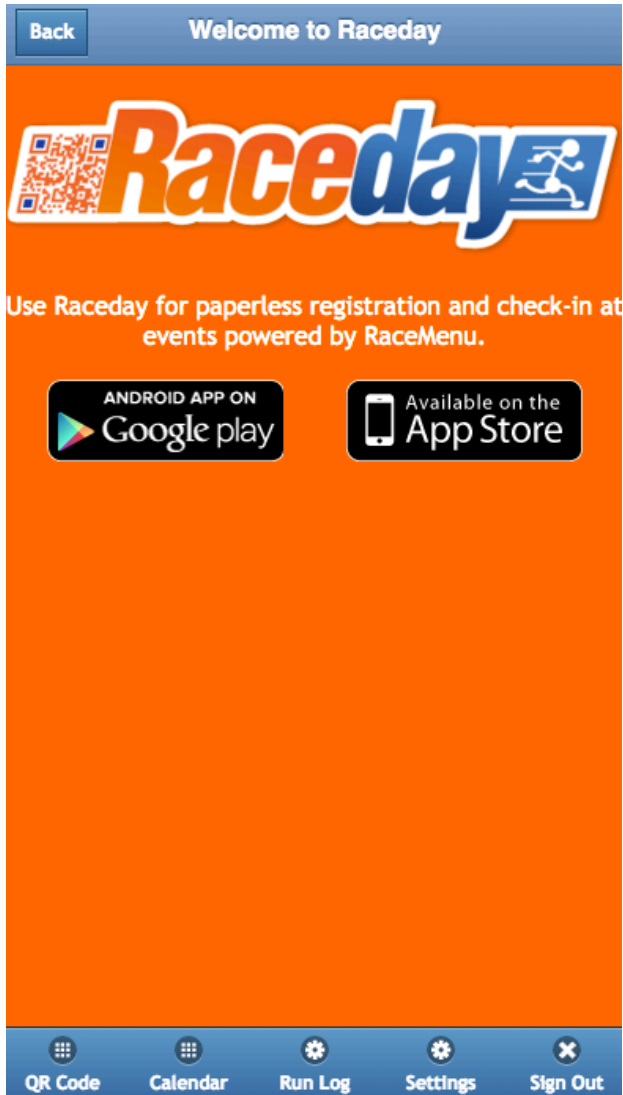
3. Enter the date, distance, duration of your workout, rate your run with smileys, and fill out any notes.

4. Click submit.

5. From the "Run Log" page, you will also be able to check the leader boards for individual standings and team standings.

RULES OF RACEDAY

VERY IMPORTANT: **You can log a run for up to 4 days following the end of the day. For example, you have until 11:59 PM EST on February 25 to log your February 21st workout.**

Once that 11:59 PM EST deadline hits, if you have not logged any miles, you're out. Please pay very close attention to this as we will be making **NO exceptions** to get people back in to the competition.

RULES:
1. **Raceday** does not automatically average your mileage and to stay in the competition there **MUST** be an entry for every day.

   a. **Badass Wolverine Challenge Rule:** We understand that it is not always possible to run, walk, ski, or snowshoe every day. We **DO** allow you to average your miles, but you must average them yourself.
      i. For example, if you are in the 1-mile a day competition, and run 3 miles on Tuesday, but can't get out on Wednesday, please enter 2 miles for Tuesday and 1 for Wednesday. EVERY DAY REQUIRES AN ENTRY.

2. **Switching Challenges,** is easy to do, you don't have to do anything!

   a. If you find yourself hitting 5-miles a day instead of 1, you will automatically be moved into the 5-mile a day challenge. However, to stay in at that level you must hit 5-miles each day. Again, the app does not average.
   b. If you find yourself only getting out for 1-mile a day, instead of 3-miles a day, you will automatically be moved into the 1-mile a day challenge.
   c. If you want to remain in the challenge at a specific level, you must hit the minimal number of miles for that level every day. Again, the app does not average.

3. **Raceday** Does not connect automatically to any GPS system. All entries must be added manually.

4. **You will not be able to log a workout after 4 days has gone by. Raceday looks like it will let you make an entry, but if you try to, it won't be accepted. NO EXCEPTIONs.**

5. If you have trouble with Raceday, please contact support@racemenu.com and gulochallenge@gmail.com