

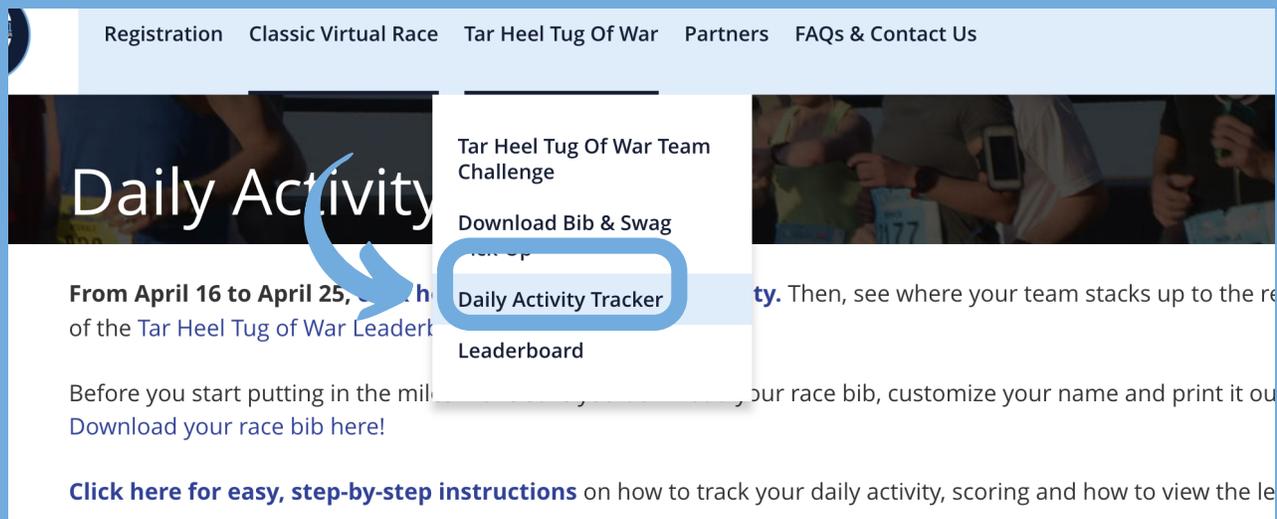


# 2021 Tar Heel Tug of War Team Challenge

## How To Submit Your Daily Activity

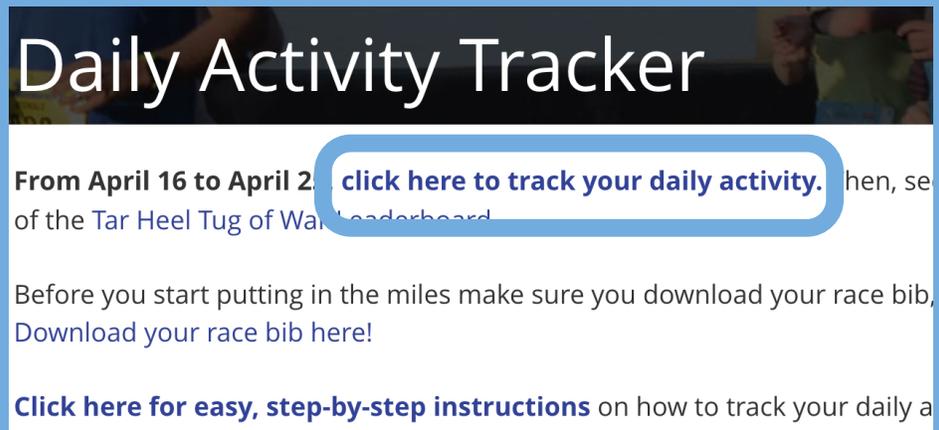
### Step 1:

While on the homepage of Tar Heel 10 Miler, hover over Tar Heel Tug Of War for a dropdown menu. Click [Daily Activity Tracker](#).



### Step 2:

To submit your own results, click the link at the top of the page.



### Step 3:

The form will open in a new tab. You will need to sign in using the same email address you used when you registered for the event.

## Tar Heel Tug of War Mileage Worksheet

This form will be open and collecting your daily activity from April 16 to April 25. You must be signed in to use this form, and the email you use to sign in must match the email you used to register.

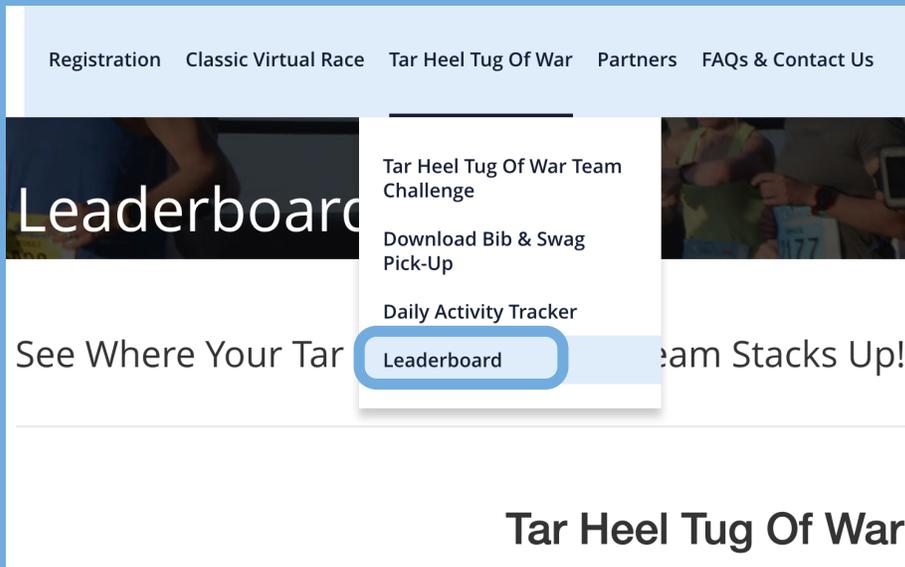


# 2021 Tar Heel Tug of War Team Challenge

## How To Submit Your Daily Activity

### Step 4:

Fill in your details like time and distance, then click Submit.



### Step 5:

Once submitted, your points will appear on the [Tar Heel Tug of War Leaderboard](#) page of the website. The leaderboard will update each time a team member submits their daily activity.

## How Scoring Works

We will take the average of team size and percent of activity logged.

**Example: There are 100 team members and 75% log some miles on day 1.**

**Your team scores 87.5 points for that day.**

**Equation:  $(100 \text{ members} + 75 \text{ completed})/2 = 87.5 \text{ points}$**

**At the end of the challenge we'll add up each teams points and the team with the most points wins the grand prize!**

**In the event of a tie, the team with the most miles will win!**