30 DAY CYCLING CHALLENGE & NVWG Community Challenge

Carrie Booker, CTRS
Two separate things...

30 Day Cycling Challenge  

NVWG Community Challenge
30 Day Cycling Challenge

- Virtual challenge consists of independent/individual cycling outdoors in your community
- Riders track all miles ridden from June 15\textsuperscript{th} – July 15\textsuperscript{th}
- Overall distance ridden in 30 days determines the top 3 finishers in each Group
1. Establish goals
2. Set a schedule
3. Ride!
4. Log your miles
5. Total up miles ridden for the week
6. Weekly totals are due every Wednesday

If you have a VA Coach or team coordinator, that person should submit one weekly log which includes all athletes

If you do not have a coach or coordinator, please submit your own log
Decide How You Will Track Your Rides

There are many ways to track your distance. You have 10 days to find a reliable option that works for you.

Consider smart phone apps that use GPS to track your ride. You may use whatever you prefer! Some options include:

- Map My Ride (images shown)
- Strava
- Adidas Runtastic
- Garmin (requires Garmin device)
How to Submit Miles

Athletes MUST be registered for this event to compete

Weekly totals due each Wednesday
07/13 – 07/15 miles are DUE THURSDAY JULY 16

Use log provided to submit totals miles ridden for the week

Submit miles via email each week to nvwgathome-cycling@pva.org
Classification & Group Assignment

NVWG Classification

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1A</td>
<td>C5/C6 Tetraplegia</td>
</tr>
<tr>
<td>1B</td>
<td>C7 Tetraplegia</td>
</tr>
<tr>
<td>1C</td>
<td>C8-T1 Tetraplegia</td>
</tr>
<tr>
<td>II</td>
<td>T2-T5 Paraplegia</td>
</tr>
<tr>
<td>III</td>
<td>T6-T10 Paraplegia</td>
</tr>
<tr>
<td>IV</td>
<td>T11-L2 Paraplegia</td>
</tr>
<tr>
<td>V</td>
<td>L3-L5 Paraplegia</td>
</tr>
</tbody>
</table>

Bi-Lateral Amputations:
- Class IV: bilateral AKA above lesser trochanter
- Class V: bilateral AKA below lesser trochanter,
- Class VI: combined AKA/BKA, bilateral BKA

Cycling Groups

<table>
<thead>
<tr>
<th>Group</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Class IV/V</td>
</tr>
<tr>
<td>2</td>
<td>Class II/III</td>
</tr>
<tr>
<td>3</td>
<td>Class IB/IC</td>
</tr>
<tr>
<td>4</td>
<td>Class IA</td>
</tr>
</tbody>
</table>
Top three finishers in each Group will be determined by total distance ridden from June 15th to July 15th.

Winners will be announced at the NVW Gat HOME Awards Ceremony on July 17th.

**Cycling Groups**

<table>
<thead>
<tr>
<th>Group 1</th>
<th>Class IV/V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group 2</td>
<td>Class II/III</td>
</tr>
<tr>
<td>Group 3</td>
<td>Class IB/IC</td>
</tr>
<tr>
<td>Group 4</td>
<td>Class IA</td>
</tr>
</tbody>
</table>
NVWG Community Challenge

Veterans, Coaches, Caregivers, Family Members, Staff, etc. should all participate!

_No registration_: This is a virtual event where everyone works together to cover the distance from Portland, OR to New York, NY!

Just log the miles you walk, pedal or roll from June 15 through July 15, 2020!
NVWG Community Challenge

From June 15, 2020—July 15, 2020, let’s work to cover the distance from Portland to New York City! The spirit of the NVWG impacts us all. This is a call for all Veterans, Coaches, Caregivers, family members or staff to help us virtually move the torch from Portland to New York – the next place we can all get together again!

Every mile makes a difference. Miles can be accomplished using nearly any exercise equipment or mobility device that you have! If you can log your distance doing it or using it, then it counts. Options include, but are not limited to your manual wheelchair, power wheelchair, walk, cycle, racing chair, sport chair, arm ergometer, rowing machine or stationary bike.
NO REGISTRATION REQUIRED
Everyone can contribute!

Weekly totals due each Wednesday
07/13 – 07/15 miles are
DUE THURSDAY JULY 16

Use log provided to submit totals miles ridden for
the week

Submit miles via email each week to
nvwgathome-cycling@pva.org

Wherever possible, identify a coach or a team
coordinator to collect weekly totals and submit
one log each week with all participants.
Frequently Asked Questions

1. If my athlete is registered for the 2020 NVWGs, can my athletes still register for the 30 Day Challenge?

   Yes. Any Veteran who registered online for the 2020 NVWG can register to compete in the 30 Day Cycling Challenge. The sign up should be linked to their e-mail in their original registration. Athletes must have submitted waiver & liability forms AND the concussion forms.

2. Can I ride a stationary bike for the 30 Day Cycling Challenge?

   No. The 30 Day Cycling Challenge is for registered athletes who will ride outdoors, using an adaptive cycle.

3. Can I ride a stationary bike for the NVWG Community Challenge?

   Yes! The community challenge includes individuals representing the NVWG community using any piece of exercise equipment in which they are able to track distance, indoors or out! If you have a choice, we prefer you get outside for this challenge. We understand this is not reasonable in all situations so please log some distance any way you can.
June 15th – July 15th

30 Day Cycling Challenge

- Submit Weekly Logs via email to nvwga-home-cycling@pva.org
- Weekly logs due every WEDNESDAY

NVWG Community Challenge

- Submit Weekly Logs via email to nvwga-home-cycling@pva.org
- Weekly logs due every WEDNESDAY
- Whenever possible, submit one weekly log for entire group

30 Day Cycling Challenge Mileage Log

NVWG Community Challenge Mileage Log
QUESTIONS?