

## **30 DAY CYCLING CHALLENGE**

## June 15th - July 15th

Using the table below, send weekly email to <a href="mailto:nvwgathome-cycling@pva.org">nvwgathome-cycling@pva.org</a> with riding totals for athletes who are registered to compete in the 30 Day Cycling Challenge.

If you have multiple people from your team, please have the coach send one weekly log with all riders whenever possible.

**Weekly Totals are due each Wednesday**. Miles ridden the last 3 days of the challenge must be submitted by <u>July 16<sup>th</sup></u>.

NVWGatHOME 2020 30 DAY CYCLING CHALLENGE				
COACH:		TEAM:		
☐ WEEK 1: June 15 – June 21		DUE Wednesday, June 24		
☐ WEEK 2: June 22 – June 28		DUE Wednesday, July 1		
☐ WEEK 3: June 29 – July 5		DUE Wednesday, July 8		
☐ WEEK 4: July 6 – July 12		DUE Wednesday, July 15		
☐ WEEK 5: July 13 – July 15		DUE by 2PM EST Thursday, July 16		
ATHLETE LAST NAME	ATHLE	TE FIRST NAME	CLASSIFICATION	DISTANCE IN MILES