30 DAY
CYCLING
CHALLENGE
& NVWG Community
Challenge

Carrie Booker, CTRS



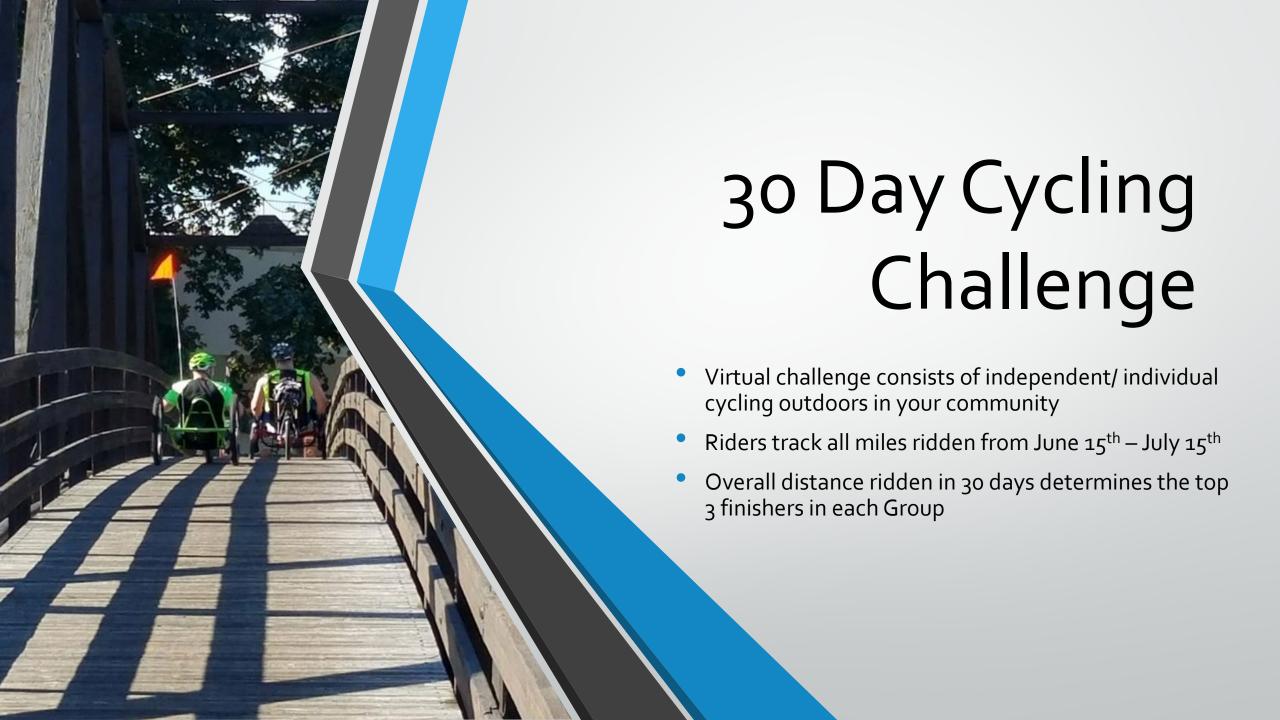
## Two separate things...

### **30 Day Cycling Challenge**



#### **NVWG Community Challenge**







- 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

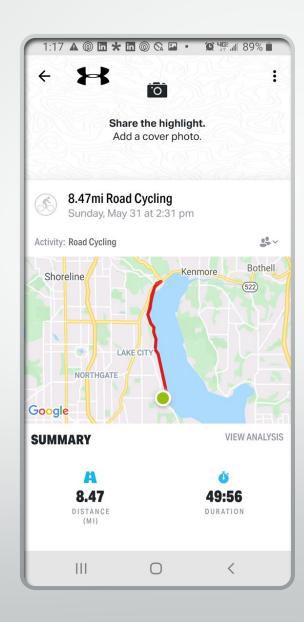
If you do not have a coach or coordinator, please submit your own log

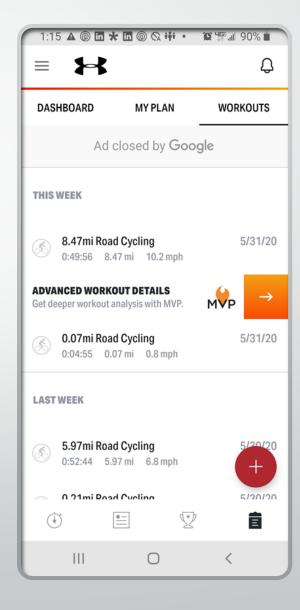
## Decide How You Will Track Your Rides

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

30 Day Cycling Challenge Mileage log



Submit miles via email **each week** to <u>nvwgathome-cycling@pva.org</u>



#### **30 DAY CYCLING CHALLENGE**

June 15th - July 15th

Using the table below, send weekly email to <a href="mailto:nwwaathome-cvcling@pva.org">nwwaathome-cvcling@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 July 16<sup>th</sup>.

| 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 – Jul                                       | y 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 |  |  |  |  |
|  |       |                        |                |                   |  |  |  |  |
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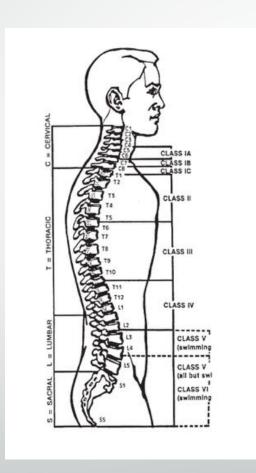
## Classification & Group Assignment

#### **NVWG Classification**

| Class 1A  | C <sub>5</sub> /C <sub>6</sub> Tetraplegia |
|-----------|--|
| Class 1B  | C7 Tetraplegia                             |
| Class 1C  | C8-T1 Tetraplegia                          |
| Class II  | T2-T5 Paraplegia                           |
| Class III | T6-T10 Paraplegia                          |
| Class IV  | T11-L2 Paraplegia                          |
| Class V   | L3-L5 Paraplegia                           |

#### **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**

| Group 1 | Class IV/V   |
|---------|--------------|
| Group 2 | Class II/III |
| Group 3 | Class IB/IC  |
| Group 4 | Class IA     |

#### **Cycling Groups**

Group 1 Class IV/V

Group 2 Class II/III

Group 3 Class IB/IC

Group 4 Class IA

Top three finishers in each Group will be determined by total distance ridden from June 15<sup>th</sup> to July 15<sup>th</sup>

Winners will be announced at the **NVWGatHOME Awards Ceremony** on July 17th



### MINNESOTA WISCONS & 262 h 3.129 miles NERRASKA d States KANSAS MISSOURI KENTUN OKLAHOMA TENNESSEE ARKANSAS MISSISSIPPI Dallas ALABAMA GEORGIA TEXAS FLORIDA

# 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.

#### How to Submit Miles



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

NVWG Community Challenge Mileage Log



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.

#### NVWG Community Challenge June 15<sup>th</sup> – July 15<sup>th</sup>

registration for the NVWG Community Challenge. This is a virtual event where orks together to cover the distance from Portland, OR to New York, NY! Veterans, aregivers, Family Members, Staff, etc. are all encouraged to log the miles they walk, from June 15 through July 15, 2020!



r possible, identify your Coach or a team coordinator to collect weekly totals mit one email each week.

n be accomplished using nearly any exercise equipment or mobility device that allows you to log distance g but not limited to manual wheelchair, power wheelchair, walk, cycle, racing chair, sport chair, arm ergometer, machine or stationary bike.

y Totals are due each Wednesday. The miles ridden the last 3 days of the challenge must be submitted by July

nces for Athletes registered and competing in the 30 Day Cycling Challenge will <u>automatically</u> be included in the IG Community Challenge. Do not submit them with NVWG Community Challenge miles.

ng the table below, send weekly email to <a href="mailto:nvwqathome-cvcling@pva.org">nvwqathome-cvcling@pva.org</a> with the week's riding totals for anyone ticipating in the NVWG Community Challenge.

| NVWG Community Challenge                                |  |  |                 |                   |  |  |  |  |
|---|--|--|-----------------|-------------------|--|--|--|--|
| Portland to New York in 30 Days                         |  |  |                 |                   |  |  |  |  |
| COACH:  | TEAM:  |  |                 |                   |  |  |  |  |
| □ WEEK 1- I-  | T WEEK 4: how 45 how 24 DUE Wednesday how 24 |  |                 |                   |  |  |  |  |
| ■ WEEK 1: June 15 – June 21 ■ WEEK 2: June 22 – June 28 |  | DUE Wednesday, June 24 DUE Wednesday, July 1 |                 |                   |  |  |  |  |
|   |  | DUE Wednesday, July 1                        |                 |                   |  |  |  |  |
| WEEK 3: June 29 – July 5                                |  | DUE Wednesday, July 8 DUE Wednesday, July 15 |                 |                   |  |  |  |  |
| WEEK 4: July 6 – July 12                                |  |  |                 |                   |  |  |  |  |
| ROLE NAME   |  | DUE by 2PM EST Thursday, July 16  DEVICE     |                 | DISTANCE IN MILES |  |  |  |  |
| HOLE  | INNIE  |  | DEVICE          | DISTANCE IN WILES |  |  |  |  |
| Coach   | Hayden Fox                                   |  | Stationary bike | 12                |  |  |  |  |
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## 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 15<sup>th</sup> – July 15<sup>th</sup>

### 30 Day Cycling Challenge

- Submit Weekly Logs via email to <u>nvwgathome-cycling@pva.org</u>
- Weekly logs due every WEDNESDAY

30 Day Cycling Challenge Mileage Log

#### **NVWG Community Challenge**

- Submit Weekly Logs via email to <u>nvwgathome-cycling@pva.org</u>
- Weekly logs due every WEDNESDAY
- Whenever possible, submit one weekly log for entire group

NVWG Community Challenge Mileage log

# QUESTIONS?