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

There is no registration for the **NVWG Community Challenge**. This is a virtual event where everyone works together to cover the distance from Portland, OR to New York, NY! Veterans, Coaches, Caregivers, Family Members, Staff, etc. are all encouraged to log the miles they walk, run or roll from June 15 through July 15, 2020!



## Wherever possible, identify your Coach or a team coordinator to collect weekly totals and submit one email each week.

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

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

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

Using the table below, send weekly email to <a href="mailto:nvwgathome-cycling@pva.org">nvwgathome-cycling@pva.org</a> with the week's riding totals for anyone participating in the **NVWG Community Challenge**.

NVWG Community Challenge  Portland to New York in 30 Days				
COACH: TEA			-	
☐ 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		
ROLE	NAME		DEVICE	DISTANCE IN MILES
Coach	Hayden Fox		Stationary bike	12