



NATIONAL
VETERANS
GOLDEN AGE GAMES

Cycling – 5k (3.1 miles) & 20K (12.4 miles) At Home Competition

DIVISIONS: Ambulatory and Wheelchair

REQUIRED AGE GROUPS: All Age Groups

EQUIPMENT NEEDED:

1. Cycle
 - a. Ambulatory Division: Standard Cycle or Recumbent Cycle (no e-bikes or stationary bikes)
 - b. Wheelchair Division: Handcycle
2. Helmet
3. Fitness Tracker with Strava (fitness tracker app)
4. Device to utilize fitness tracker and take image: Cycling computer, smart mobile phone, fitness watch, etc.

INSTRUCTIONS TO ATHLETES & RULES:

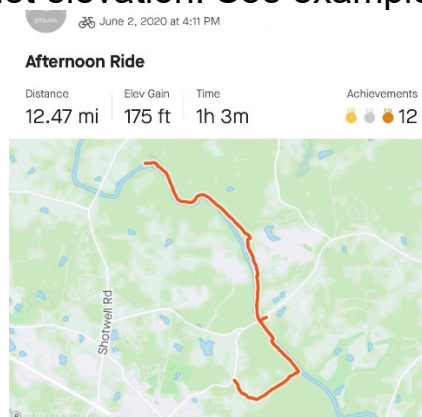
1. Athletes can complete the 5K and/or 20K in their neighborhoods, bike trails, etc.
 - a. 5K: Straight 3.1 mile or 1.55 mile out and back course.
 - b. 20K: Large rectangular course with all right turns, 12.4 mile one way or 6.2 miles out and back.
 - c. Check with local bike clubs for established courses.
 - d. Course selected should not include traffic lights for safety. The time of day you compete, will determine the flow of traffic lights.
 - e. Athletes should select courses that have minimal or as close to a net zero elevation as possible.
 - f. Tools such as Google Maps have distance measuring options to measure short distances based on landmarks in your area, how-to guide [here](#).
2. The net elevation gain for all athletes has to be close to “0” or higher. No less than -50. [What is net elevation gain?](#)
3. Riders must ride alone. No drafting behind other riders or behind vehicles permitted.
4. Bicycle safety helmets must be worn at all times.
5. Athletes are encouraged to wear appropriate attire and shoes to ensure safety.
6. All athletes must utilize the Strava fitness app while competing. If you are not already a user, you can sign up for a free account by [CLICKING HERE](#). It is not required to sign up for a paid account.
7. Each ride can be uploaded to Strava from a compatible GPS tracking device. Almost all cycling computers can do this easily. (The procedure varies between brands, but is usually automatic once set up.) This can also be done from any fitness watch, fitness tracker, or even a smart phone with a tracking app.
 - Instructions on how to connect to Strava from a Garmin device are [HERE](#).
 - Instructions on how to connect to Strava from a Wahoo device are [HERE](#).
 - Instructions on how to connect to Strava from a Fitbit are [HERE](#).
 - Instructions on how to connect to Strava from an Apple watch are [HERE](#).
 - Instructions on how to connect to Strava from a Polar device are [HERE](#).
 - Instructions on how to connect to Strava from Samsung device are [HERE](#).

8. Strava will record temperature, wind speed and direction and humidity. Riders should submit heart rate data with their ride file. Power data is also recommended if available. It is recommended that riders submit as much data as possible to support their effort.
9. At the end of registration, all registered athletes will receive a separate notice to sign up for the NVGAG cycling club event page in Strava once they sign up. This is optional but will allow you to see others who have sign up for the event and to cheer them along as they practice. You must be registered in Strava to get an invite to the club.
10. Winning times may be compared to past performances for authenticity.
11. All tie breakers will be determined by the NVGAG National Staff.

SUBMISSION OF CYCLING RESULTS:

1. Photo

- Screenshot image of your STRAVA performance, that shows your distance, time, date, map, and net elevation. See example below:



2. Please make sure your image shows the correct distance (3.1 and/or 12.4).

3. Video

- 30 second video that shows yourself on your bike with helmet and gear on the day of your ride.

4. Must include video and photo.

5. You can only submit **one** entry.