



Powerwalk - (1 mile) At Home Competition

DIVISIONS: Ambulatory and Visually Impaired (with a guide)

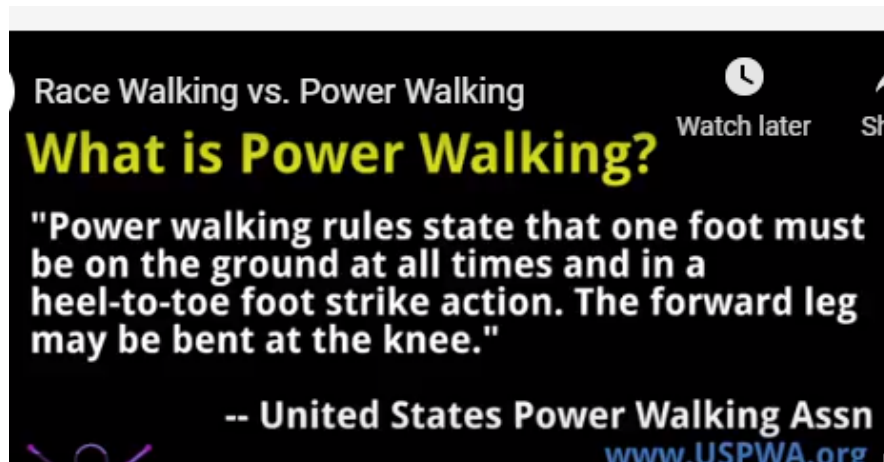
REQUIRED AGE GROUPS: All Age Groups

EQUIPMENT NEEDED:

1. Fitness Tracker Strava (fitness tracker app)
2. Device to utilize fitness track and submit video and photo: smart mobile phone, fitness watch, etc.

INSTRUCTIONS TO PARTICIPANTS & RULES:

1. Recommended courses:
 - a. Local middle/high school tracks (many will have the one mile marker; please know that four times around IS NOT a mile. Must use fitness track to ensure you reach 1 mile)
 - b. Parks
 - c. Stadiums
 - d. Neighborhoods (use a block or circle format so you do not have to cross streets).
 - e. Tools such as Google Maps have distance measuring options to measure short distances based on landmarks in your area, how-to guide [here](#).
2. Athletes may use a walking cane as an aid to compete.
3. Visually impaired participants may use a guide. A tether can be used (but not required) and must be of a non-elastic material and not store energy and/or offer a performance gain to the athlete. It shall consist of two closed holding loops and a middle section with two fixed spherical stoppers at each end. The maximum length at its full extension shall not exceed 100cm. For the powerwalk competition the length must be 30cm. Please wear proper eyewear as needed.
4. Please be mindful of the powerwalk method and do not run or jog during the competition.



See sample video [here](#) (view Powerwalking technique at 4:22 in video)

- a. Heel toe motion. One foot in contact with the ground at all times. Slight bend in the knee.

5. All athletes must utilize Strava fitness app. 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.
6. The walk must be uploaded to Strava from a compatible GPS tracking device. 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](#).
7. 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.
8. All tie breakers will be determined by the NVGAG National Staff.

SUBMISSION OF POWERWALK RESULTS:

1. Photo

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



- Please make sure your image shows the correct distance (1 mile), anything under required distance will not count. Anything over required distance will count but could be a disadvantage.
2. Video
 - 30 second video that shows your participation in the event. See example [here](#).
 3. Photo and video are required.
 4. You can only submit one entry.