

## ***THE CORONA CHALLENGE RULES***

The challenge will consist of 4 stages, one stage per week, for teams of 5 people.

Stage 1: Miami - Atlanta: 797 miles

Stage 2: Atlanta - Kansas City: 745 miles

Stage 3: Kansas City - Rapid City: 701 miles

Stage 4: Rapid City - Seattle: 1,233 miles

1. The winner of each stage will be the first team to complete the mileage for that stage. 8 points will be allocated to the winner, 7 points to 2<sup>nd</sup> place, 6 points to 3<sup>rd</sup>, etc. Every team that completes a stage by 7:00 PM on the Sunday of that week will get at least 1 point. The overall winner will be the team with the most points at the end of the challenge.
2. A team that does not complete a stage by Sunday at 7:00 PM, will be allowed to continue in the Challenge, but will be given -3 points. These negative points can be recovered if the team completes the missing miles before the end of the final stage.
3. Each team is responsible for knowing where the “finish line” is for each stage. Make sure you stop your Garmin as soon as you cross it.
4. No team member can contribute more than 40% of the total team mileage for a stage.
5. All teams will start each stage on the same day. Even if a team completes a stage before Sunday, that team cannot start the next stage before Monday.
6. Miles done on an indoor trainer will count as long as they are tracked by a Garmin-compatible speed sensor so that they are automatically uploaded to the app.
7. A 75% factor will be applied to indoor miles. So, 10 miles on the trainer will count as 7.5 miles for the Challenge.
8. Manual uploading of miles is not allowed.
9. No allowances will be made for Garmins that run out of battery mid workout. If it's not in Strava, it didn't happen!
10. All rides (indoor or outdoor) must be saved and posted the same day they were completed. NO HIDING OF MILES!

11. All participants will be trusted to save and upload data without manipulation. It's called HONOR system!
12. We will use the Garmin Connect app as a backup, so all participants are also required to connect to the Garmin app and make their workouts public.
13. All participants must make their activities public, so that the data can be collected by the organizing committee.
14. If a participant withdraws from the Challenge in the middle of a stage (due to injury, illness, travel, or any other reason), he/she can be replaced on THE FOLLOWING STAGE by a backup designated by the organizing committee. Once a rider withdraws, he/she cannot re-join the Challenge.
15. Completion times are EST - regardless of the riders' locations. For example: if a rider in Holland finishes a ride at 10:00 AM, European time (which is 4:00 AM EST), the official finishing time will be 10:00 AM EST. (Sorry, Rik!).
16. In addition to the points per stage, there will be mid-week awards for specific challenges/achievements in some or all of the stages (think the polka jersey in the Tour de France). These achievements will not count towards the overall points.
17. The organizing committee reserves the right to modify the start and/or end point of each stage - it's our first time, so we will learn as we go along!
18. **VERY IMPORTANT:**

**Each rider is responsible for their own safety. As everybody realizes, this is a challenge amongst friends. Safety first. Don't get hurt, don't take risks. The money we all contributed is for beer and churrasco, not anybody's medical bills or bike repairs.**