BIKE CHALLENGE LOGGING AND VIEWING TIPS

The **National Bike Challenge** is a free, nationwide bicycle advocacy and wellness initiative to encourage people to bike for transportation, fitness and recreation. Participants log the miles they bicycle and compete for prizes and awards in an online community. Simsbury Free Bike's *Simsbury Bike Challenge* is a local or "Advocacy" challenge embedded in the National Bike Challenge platform. When you join the national challenge with a Simsbury zip code, you essentially participate in both challenges simultaneously. All data is logged and viewed through the national website at www.nationalbikechallenge.org.

Start with an Overview of the Challenge The National Bike Challenge website has many viewing options and is data heavy, so it's easy to miss the subtleties. It may be easiest to get acquainted with the program on your desktop. Once you know how it works, you'll know what to look for when using the program on your mobile device. There's general info. on the home page and on options on the Main Menu (on top right). The Dashboard (menu to the left margin) is where you log miles, view leaderboards, or manage your settings. Next go to the Main Menu and look at the Official Rules, (they're short), FAQ's (which includes info. on how to join, how to log your rides, info. about the national prize program, how to sign up a team or workplace, and more) and Prizes. For more details about the *Simsbury Bike Challenge*, go to www.simsbury.bike.   Note that the Simsbury Bike Challenge welcomes adults and teens who live, work, or volunteer in Simsbury. Registering with a Simsbury zip code from your home, work, or volunteer organization enters you into the Simsbury Bike Challenge automatically. Teens must have parental permission to participate. If anyone is concerned about their name and results being published online, I suggest using a pseudonym. Each participant needs a unique (and accurate) email address.

Technical Help and Online Support Forum
For technical problems with the website or syncing your miles, you may direct a question my way (use the website link or (debbie.thibdeau@comcast.net), or you can use the Help and Support link on the Main Menu. The program is slow to update, so if you entered information that isn't showing up, wait at least 15 minutes before concluding the information got lost. This is especially true when you first sign up. By the next day you should see the Simsbury Free Bike logo indicating you are in the Simsbury Bike Challenge, and any miles you entered when you joined.

Syncing vs. Manually Logging Miles
You may use the following apps to sync data with the Challenge: Strava, Endomondo, or MapMyRide. You may select an app to use when you first register or later by Manage Settings/My Settings. While these apps do a good job recording your miles when you are riding (assuming you remember to start/stop the programs), I have found that syncing miles can be problematic, so I use an app or bike computer to record my miles but then I manually log them into the Challenge. Manually logging takes 30 seconds if your computer/device has saved your Challenge password.   We do have people using their apps and syncing miles successfully. I think Strava is the most popular. With some of the programs including Strava, you can sync all of your 2016 rides the first time you sync. After that, the programs differ in how frequently you need to sync your app with the Challenge to get past rides logged in. Be sure that you don't have trainer/stationary bike miles recorded in your app as a bike ride when you sync, as these miles don't count in the Challenge.

Logging miles manually, including dates other than current day
After you've logged in, you should see a Log Your Ride screen. Enter the number of miles you rode in the white box (Your Miles), enter the date of your ride (it will default to current date) , then select "Transport" or "Recreation" as the ride type (see notes below).   "Route" is optional. Choose "Submit" then look for a message at the top saying your ride was logged. To edit rides, you'll use the Calendar of Rides right below the logging area. Select the date of the ride you want to edit and adjust accordingly. This definitely works for rides entered manually. For synced rides, it may require to edit the information through the app.

Leaderboards: You can look at your progress and the progress of other riders, states, communities, workplaces, teams, etc. within our Local Challenge or National Challenge. For the Local view, choose Local, Community or State in the Community section of the Dashboard. For the National view, choose Leaderboard in the Community section of the Dashboard.

Transportation vs. Recreation miles
The challenge allows you to specify the type of riding you do. I interpret transportation miles to be any miles you ride and accomplish some task other than just exercising/recreating. So going to work, the store, your child's school, coffee shop, mini-golf, bike committee meeting, volunteering at a bike event, etc. are all transportation miles. Simsbury Free Bike is keenly interested in your transportation miles. You can edit your ride type if the info was synced from a device that does not allow you to specify ride type by going to Manage Settings/My Settings/ride Logs. As we advocate for bike commuter routes like the Tariffville Connector trail, documentation of transportation miles will be extremely important. Please take the time to specify/correct your transportation miles. If you know anyone in Simsbury that ever commutes to work by bike or uses their bike for errands, please encourage them to join the *Simsbury Bike Challenge*.

Leaderboards, New month
The Leaderboards are based on the selected time period. When viewing a Leaderboard, select the time frame you wish to consider current month, year, Challenge period, etc. The default time frame selection is the current month (highlighted in bold).

Local/Community Standings
In 2015, Local Challenge rankings were based on "per 1000 residents." Currently only the States category indicates that it will use "per 1000 residents." All the other group standings (teams, workplace, community, state, etc.) are ranked by total points earned. I believe the program may still be in transition and hope will we get the "per 1000" denominator back. Our rank will not be nearly as high as 2015 without factoring the size of our community. In the Community category, Simsbury does not rank high because we are a small community, and because we technically have riders from 4 different "communities" (Simsbury, West Simsbury, Weatogue and Tariffville) further reducing our numbers. The Local Challenge allows us to aggregate our data from all 4 zip codes, which of course is a more accurate reflection of our community.

Duplicate Accounts, Deleting an Account
If you accidentally start a second account using a different email address and you want to delete one account, or you want to be removed from the challenge, you must email the National Bike Challenge administrator at nationalbikechallenge@peopleforbikes.org .

News Feeds/Staying Connected to Local Bike Community
There are News Feeds in the Local view and National View. Sometimes there are helpful comments regarding program upgrades, tips, etc. You are also welcome to share comments or tips of your own. To learn about local bicycling events and stay connected to the local bike community, check out www.simsbury.bike and follow Simsbury Free Bike on Facebook at https://www.facebook.com/Simsburyfreebike/.

Questions/Problems Don't hesitate to contact me. This should be EASY. If it's not easy, I'd like to help.

Thank you for supporting local bicycle advocacy. Our collective miles drive funding and support for our bicycle friendly community.

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Simsbury Bicycle Pedestrian Advisory Committee www.simsbury.bike
Simsbury Free Bike https://www.facebook.com/Simsburyfreebike/