

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" 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. Choose the ABOUT tab and you'll find some good information under FAQ's and APP GALLERY, including how to join, how to log your rides, info. about the national prize program, how to sign up a team or workplace, and more. For more details about the *Simsbury Bike Challenge*, go to www.simsbury.bike.

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 bosenberg.thibodeau@comcast.net), or you can try searching for your problem in the support forum which can be accessed by selecting SUPPORT in the tiny menu at bottom of the National Bike Challenge site. 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

Review info in the App Gallery and FAQ's regarding syncing with one of the following apps: Strava, Endomondo, MapMyRide, or Moves. 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 2015 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 or 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 box to log miles. Click "Log miles" in red. When in the white logging box, the top left of the box shows the date for which you are set up to log the miles. By default it will show the current date. To log past miles you need to change the date. Look to the top right corner of the box. Click on the symbol that looks like a calendar. Change the month, as needed. Click on the date you rode. Now you'll be back at the white logging box but the date in the top left will have changed to your selected date. Now you can log your miles for that date. When ready to log your miles, choose the type of ride: recreational vs. transportation (see section below), then type in the number of miles in the appropriate box. You do not need to fill anything else out like description or title of ride, etc.

Editing miles you logged manually

To edit miles that you entered manually (not synced from device), use the steps above to find the date of interest if it is not the current date. Once in the white logging box with the necessary date shown on the left, it should show the miles you previously entered under recreation or transportation. Under the number of miles, there should be a tiny "clear miles" in gray text. Click on that and the miles should go to zero. Now you can log the

correct miles on the correct day, changing the date as needed. If for some reason you don't see "clear miles" you can try entering a negative number. This should also clear your miles for that day.

Editing miles you synced

Any edits to already synced rides must be made through the app you are using (Strava, MapMyRide, Endomondo, Moves). Each program is a bit different and I am not familiar with all of them. If you have problems, try searching for your problem in the Support forum. If you still have trouble, let me know, and I'll see if we have someone else using your app that can help.

National View vs. Local View 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 on the right side of the horizontal stripe and it will become highlighted in blue. For the National view, choose NATIONAL on the left side of the horizontal stripe and it will become highlighted in red.

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. The National Bike Challenge website has now been upgraded to allow you to edit your ride type, even if the info was synced from a device that does not allow you to specify ride type. To edit these miles, go into the logging screen. You'll see a little pencil icon in the top right corner. This will pull up a complete listing of all of your rides and ride types. You can edit ride type here. 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 for National view (red stripe) and Local view (blue stripe) are based on the selected time period. Choose the Leaderboard tab, then look at the horizontal time line. The default time frame selection is the current month (highlighted in red). The National Leaderboard works the same way. If you go back to the horizontal timeline and select the red Challenge Period banner, then May through Sep become highlighted in red. Now you are looking at the cumulative results. If you are in the Home Tab (not Leaderboard tab), your Paceline looks to be based on the entire challenge period.

Local/Community Standings

Note that only Local Challenge rankings are based on "per 1000" residents. Apparently all the other group standings (teams, workplace, community, state, etc.) have recently eliminated the "per 1000" denominator and are ranked by total points earned. I believe the program may still be in transition (see Jun 1 comment in National News Feed). Simsbury does not rank high in Community rankings 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

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.