



# sunflower **REV IT UP** for parkinson's



*WALK, RUN, RIDE, LEARN*



## Sunflower Rev It Up Devou Hill Climb Challenge Strava Instructions

Thank you for participating in the **Sunflower Rev It Up For Parkinson's** ride! As part of the ride you are automatically entered in the Devou Hill Climb Challenge. The Challenge is a timed ascent of the portion of the course climbing up into Devou Park. It comes early in the ride, only about three miles in. The start and finish of the timed segment will be marked with flags. The fastest man and woman will each earn a \$500 gift certificate to Montgomery Cyclery. There will also be prizes for age groups for both men and women. In addition, there will be a few participants chosen at random for prizes. The Challenge will be timed and scored through the Strava app. If you are unfamiliar with Strava, this document will guide you through the process of getting it set up. **IMPORTANT:** If you do not post your ride to Strava you will not be eligible for Challenge prizes.

**If you already have a Strava account**, you only need to do three things. First, join the **Sunflower Rev It Up** club on Strava. Second, make sure the Privacy Controls for your ride is set to "Everyone". Finally, upload your ride to Strava before the Awards Ceremony begins (estimated around 10:30 AM).;

**If you are new to Strava**, the following sections will help you get set up properly. If you have problems, there will be technical support available before the ride starts. If you need help please arrive early to be certain there is enough time to get you sorted out.

**Strava** is a social media network for athletes. It allows you to track and analyze your exercise, share and connect with other athletes, and explore new routes and roads, as well as, if you choose, compete. Strava is free to join for a basic membership, which is all you need to participate in the Devou Hill Climb Challenge. To use Strava you need to have a bike computer or GPS-enabled fitness tracker or a smart phone with a fitness app. You *must* download the Strava app to your phone, as well as connect your computer or watch to your phone via Bluetooth. For the following device brands, click on the link for instructions to connect to Strava: **Garmin, Wahoo, Fitbit, Apple, Polar.**

Strava uses sections of roads known as "segments". A segment is a popular portion of a road that has become a timed course. Everyone is timed via GPS, and placed on a leaderboard. Leaderboards can be differentiated by sex, age, date, or club. (The Devou Park segment that we are using is 1.1 miles long, starting right after you turn onto Western Ave from KY Route 8, and ending just before the first Stop sign. The average gradient is 4%, with a short steeper section of 6.5%.) Once you have created your Strava account you need to join the Strava club, "**Sunflowerrevitup**". Finally, once your ride is complete you need to make sure that the Strava Privacy Control is set to "**Everyone**", or we won't be able to see it.

If you have trouble getting your Strava account set up properly, or trouble uploading after your ride, please stop by the Queen City Wheels tent in the registration area.