



2018 Simsbury Bike Challenge Team Sprint (May 1-31)



Updated May 1, 2018: Registration is open for the **2018 Simsbury Bike Challenge Team Sprint**. Riders 16 and over who live, work, volunteer or regularly ride in Simsbury are invited to join. Participants log the miles they bicycle and compete for prizes and awards in an online community. Ride anywhere, any distance, any frequency, then make your rides count for a bicycle friendly Simsbury. It's fun, motivating, and a great way to meet local riders. We hope you will ride with us!

This program is part of the [National Bike Challenge](#) (NBC), a free, nationwide bicycle advocacy and wellness program to encourage people to bike for fitness, transportation, and recreation. Local riders compete in the NBC and our local challenge simultaneously, supporting bike advocacy at the national and local levels. Since 2015, Simsbury has logged over 250,000 miles in the NBC, and in 2016 we finished as the #1 advocacy group in the U.S.!

To Join:

1. Register for the 2018 NBC at www.lovetoride.net/simsbury/ or www.nationalbikechallenge.org
NBC/Love to Ride (LTR) will assign riders from greater Simsbury to our local challenge.
Listing "Simsbury" as your town/city when you register ensures you are assigned to our local challenge.
2. Connect account with a fitness app to record and sync your rides (optional).
You can also manually log your rides on the NBC website.
3. Join or start a team of up to 8 riders (optional). If you start a team, begin the team name with "Simsbury -".
4. Invite your friends using the "Invite" buttons. You earn points for encouraging other riders to participate.
5. Log rides in May for the Team competition and Simsbury Bike Challenge rider leaderboards. Riders may continue logging rides through Sept. for the national rider leaderboards.

Options for Logging your Rides:

- Manually log rides on NBC/LTR website: enter #miles, date, and type of riding (drop-down menu)
- Sync with fitness app: Strava, Map My Ride, or Endomondo. Follow instructions to link accounts.
- Use Ride Report app – uses your phone's accelerometer and low-power GPS to automatically detect when you ride your bike (no remembering to start/stop the app). Data automatically transfers to your NBC/LTR account.

How to Earn Points for the May Team Challenge

Riders earn 20 points for each day they ride at least 10 minutes, plus one point for each mile they ride. Riders earn 50 points for encouraging a rider to participate (100 points if it is a new rider). For example:

125 pts. for 5 days of riding, 5 miles each day [5 x 20 + 5 x 5]

45 pts. for 1 day of riding 25 miles [20 +25]

100 pts. for recruiting one new rider who logs a ride and lists you as the "Encourager"

Resources on the NBC/LTR Website: [Info](#) [Challenge FAQ's](#) [Website FAQ's](#) [Terms of Service](#)

Simsbury Bike Challenge - our Local NBC Page:

We have set up a Simsbury NBC/LTR page to collect the activity of local riders and local teams. This page is available only for the month of May. We will have rider leaderboards for our local riders based on trips, miles, etc. (categories will be determined by the NBC/LTR). To view our local page, use the small gear/cog symbol next to your name in the top right of most screens. There you can choose the challenge page (and corresponding data) you want to view: Simsbury or USA. If you are on the Simsbury page, you should see "Simsbury" under the top NBC banner on most screens/devices.

To view our local page and local leaderboards, use the small gear/cog symbol next to your name in the top right of most screens to select "Simsbury." If you are on the Simsbury page, you should see "Simsbury" under the top NBC banner on most devices. Select RESULTS for team and individual rider leaderboards.

Join A Team: Join or start a Simsbury team; otherwise your points go unused. The teams are just for fun, and most teams are looking for riders (8 max). You don't need to be invited. From your profile page, select RESULTS on the main menu to view available teams in the Simsbury Pools (A, B, etc.). Click on a team name to see the team captain and description (many have themes). Find your best fit, join up with people you know, or start your own team. Since it's better to have teams that are fairly "full," you can even invite riders from outside of greater Simsbury. For these mixed teams, we recommend that Simsbury riders create the team and name it "Simsbury –" [name of your choice] so that it will be assigned to a Simsbury Pool.

Prizes/Awards:

All participants will be eligible for the national prize/award programs (see NBC/LTR website for details). Prizes include travel packages, bike gear, bike shop gift cards, and more (TBD). Our local prize/award program for SBC participants is currently being evaluated to determine if it is compatible with the 2018 NBC format. If we are able to secure prizes, they will most likely be awarded through random selection of riders logging miles during the month of May. We hope to provide an update by mid May.

Communications: The NBC/LTR platform does not provide a means for local challenge administrators to communicate with their challenge participants. We will post SBC updates on www.simsbury.bike. For more information, contact the SBC administrator Debbie Thibodeau at challenge@simsbury.bike.

Note: The NBC/LTR website may take several hours/overnight to show updates (rides, profiles, teams, leaderboards).

A message to returning Simsbury Bike Challenge Participants:

For returning riders, we understand that change can be difficult, and we share your frustration with the ever-changing NBC program. The 2018 NBC is very different, and our ability to host a free, robust local challenge has been severely compromised. We are, however, doing our best to still offer a local challenge despite the clear limitations of the LTR platform at the basic (free) level. It is most disappointing that our local challenge page will only provide leaderboards for the month of May rather than May to Sept. (that would require an upgrade). While our 2018 SBC will be brief (a sprint), there is an optional team component which will add a little more depth to the competition should you decide to join a team. Love to Ride reports great success with the small, social team format. I'll also add that the Love to Ride platform seems fairly stable and robust for logging rides, and there may actually be a few LTR features you really like. *Many thanks for those who sign up and give it a try.* This effort is important, as Simsbury will be submitting a renewal application for our Bicycle Friendly Community designation from the League of American Bicyclists – the sponsors of the NBC. We anticipate being rated highly in the Encouragement category due to our community's successful participation in the NBC since 2015. For that, every SBC rider deserves some credit! I will continue to be the SBC admin. for this year's May challenge (Team Sprint) but won't be able to send email notifications to the 2018 SBC rider list. Look for updates on our website www.simsbury.bike. Please contact me if you have questions, problems, etc.

Thanks again for "Riding with Us!" Debbie Thibodeau, challenge@simsbury.bike, 860-539-0538

Notable changes in the 2018 National Bike Challenge and Simsbury Bike Challenge:

- 1) There's a completely new format using the Love to Ride (LTR) website. www.nationalbikechallenge.org links to LTR.
- 2) The NBC has 3 national competitions with a focus on the May team challenge:
 1. May 2018 team challenge (join a team of up to 8 riders) and compete with 9 other teams within a pool. There are points, leaderboards, and national prizes. Points are awarded for days riding, miles, and encouraging others.
 2. September 2018 – Cycle September (workplaces competes against other workplaces of similar size.) Set up similar to May team challenge.
 3. Year Round and May-September National Individual Leaderboards - compete with other US riders for Top Rider, Top Commuter, etc. The League will be giving away Top Rider awards for the May–Sept. challenge period.
- 3) Our local challenge Simsbury NBC/LTR page shows the activity of local riders and local teams during May only.
- 4) Given the platform's limited local leaderboards and search functions (you can't search for a rider unless you know their team), manual collection of the 5-month challenge data for local riders is currently not possible/practical without a program upgrade
- 5) We are opening up the Simsbury Bike Challenge to riders who live, work, volunteer, or regularly ride in Simsbury. NBC/LTR may capture additional riders from greater Simsbury and place them in our local challenge.
- 6) Team Competition – see page 1..
- 5) Logging rides – more options including manual data entry on the NBC/LTR website. See page 1
- 6) No administrator communication tools. SBC updates will be posted on www.simsbury.bike.
- 7) Riders must be ages 16 and up (previously 13)
- 9) Prizes – see above