



## Alton CC distance and climbing challenges 2022

Based on the success of our Strava challenges in past years, Alton CC will continue with two Strava-based challenges in 2022. These are friendly competitions open to all Alton CC members. Each month throughout 2022, the male and female riders who have ridden the longest distance and climbed the most will be the monthly winners. Annual totals will then be used to decide 4 overall competition winners (female distance champion, male distance champion, female climbing champion and male climbing champion).

### Rules:

1. The competition is open to all members of Alton CC.
2. You must have a personal Strava account and be a member of Alton CC on Strava for a minimum period of 3 months within the year.
3. To enter the competition, you must each month enter the Strava Cycling Distance Challenge and Cycling Climbing Challenge which are available through the 'Challenges' tab (see links to January 2022 challenges below). This enables your statistics to be accurately taken from Strava each month by the club organiser.
  - a. [January Cycling Distance Challenge - Strava Challenges](#)
  - b. [January Cycling Climbing Challenge - Strava Challenges](#)
4. Monthly totals will be taken from these challenge Strava records between 00:01hrs on the 1<sup>st</sup> of the month and 23:59hrs on the last day of the month. Details of the monthly winners and their accomplishments will be published on the club's website.
5. Indoor training rides on turbo trainers where actual data is recorded (eg. Power and cadence) do count, however, manually-added activities do not count.
6. Distance and climbing on e-bikes does not count.
7. Rides must be recorded on Strava with privacy controls set to 'everyone' for the ride to count (other privacy settings do not permit the activity to be viewed by the club).
8. The organiser's decision is final in any dispute.
9. A reminder that the rules of the road must be observed and the safety of yourselves and others is always the first priority.



January Cycling Distance Challenge  
Ride a total of 1,250 km  
Jan 1, 2022 to Jan 31, 2022



January Cycling Climbing Challenge  
Climb a total of 7,500 meters  
Jan 1, 2022 to Jan 31, 2022