

CYCLING Stay at Home Challenge

New Mexico Senior Olympics, Inc.



You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the Liability WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for \$100 Gift Card. Consult a physician before starting any physical fitness exercise.

CYCLING Monthly Challenge Instructions

Cycling Challenge is four months August - November 2020
Each month do as much as you can and record results

First Month	Cycle 20 hours per month. Record cycling hours each time.
Second Month	Increase cycling activity by 10 hours for total hours of 30/month, still recording your time
Third & Fourth Month	Increase cycling to 50 hours per month & create teams (details to follow) but report results individually

HOW to get Started and Report RESULTS

- ❖ Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
- ❖ Participate and log your scores or times for one full month
- ❖ Each month submit challenge results virtually at www.nmseniorolympics.org
- ❖ **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon.
- ❖ Results must include name, sport, gender, age, county, month, times and/or scores
- ❖ All challenges are based on the honor system
- ❖ Check NMSO website monthly for results and Gift Card Winner Announcement
- ❖ Repeat the following month

**Remember to have fun, be safe, stay hydrated,
and wear proper attire!**

