

# FREQUENTLY ASKED QUESTIONS

## REBECCA'S GIDDY UP CHALLENGE

Presented by



#GiddyUpForGood

### **GENERAL**

#### **When do I have to complete the challenge?**

The Giddy Up Challenge can be completed anytime between 12:01am MDT on Friday, May 22nd and 11:59pm MDT on Monday, May 25th. The challenge must be completed in one attempt (yes, that means no sleep!)

#### **Do I have to do it all at once or can I take breaks?**

The Giddy Up Challenge is meant to be completed in one attempt. You can certainly stop to take breaks for food, water and other necessities, but remember, those breaks will be counted towards your overall time and add up quickly! What you shouldn't be doing is taking a break from the challenge to go home and take a nap! Please be honest and #BeGood!

#### **Can I choose a loop for my outdoor course?**

If you're biking, no. If you're running, kind of. Please review the "If you're biking" and "If you're running" sections of the Rules & Ethics for more information.

#### **Do I have to complete a full final lap if the elevation gain is met earlier in my final lap?**

No. Let's say you've done your calculations and you need to complete 10.5 laps to meet the elevation gain for your challenge. The first 10 laps must be full laps. The last lap can be half a lap to get to your final elevation. In other words, all laps must be full laps until your final lap!

#### **Can I choose a few different hills to climb for my outdoor course?**

Nope. In the spirit of Everesting, you must choose one hill and repeat that same hill as many times as necessary to meet the elevation gain requirements. This is the rule for biking and running!

#### **Can I complete this challenge on my mountain bike?**

Sure! The only bike that is not allowed for the challenge is an electric bike.

#### **Can I switch bikes or equipment in the middle of the challenge?**

Yes, you can swap wheels, bikes or other equipment if needed during the challenge.

### **Can I use more than one bike to adjust to the terrain of my climb?**

Sure! You can switch out your bike, as needed, to match the terrain of your climb.

### **Is drafting allowed?**

Yes, we just ask that you maintain a safe distance of at least 6 feet from any other humans. This might be pretty hard to do given our current global pandemic, so while drafting is allowed, we do not recommend it for safety reasons

### **Will there be prizes for the top finishers?**

Yes! Thanks to our amazing sponsors, we'll have prizes for the top Male and Female finisher in each race category (bike and run, outside and inside). We'll also be awarding prizes for the Top 3 Fundraisers. And it doesn't stop there! We'll be choosing several winners at random for some fabulous prizes, including brand new Liv and Giant bikes!

### **Are there pre-set routes I can use to complete the challenge indoors?**

Yes! [Check out these routes on Zwift](#)

### **Are indoor racers competing against outdoor racers? How come there are only 2 Strava clubs?**

There will be a winner for each challenge category. Indoor racers will NOT be competing against outdoor racers, although they will appear on the same leaderboard. To simplify things, we only created 2 Strava Clubs, but results will be sorted by category and indoor vs. outdoor once the challenge is complete.

### **I'm not on Strava. Can I still participate?**

Yes...but! While Strava is the official timing platform for the challenge, it is not a necessity to participate. You can simply register for the challenge and log your ride or run on the platform of your choosing. BUT...if you are in it to win it and want to be considered for the Top Female/Male prizes, joining the Strava CLUB is a necessity. The Strava Leaderboard is the only timing platform we will use for official results. Strava is a free app to download.

### **I'm new to Strava...help!**

Take a look through the "[Getting Started](#)" article on Strava's Support site. Be sure to set up your account, join the appropriate Giddy Up Run or Bike Strava club and upload your results there when you're finished. If you don't join the club, we won't know you are part of the challenge.

### **What if I forget to start my timer or my Garmin dies?**

If you mess up and do not record your full attempt, then your results will not be official. Your digital device is the only way for you to record and for us to verify your

attempt. Be sure you have this dialed and know how to record and upload and keep the batteries going!

### **When do I have to start and finish?**

You can start your challenge anytime after 12:01 AM MDT on Friday May, 22 and you must be finished before 11:59 PM MDT on Monday May, 25.

### **I'm not doing the Everest elevation, so do I still need to follow the Everesting rules?**

Yes! Since these guidelines already exist, this is the global platform that we are using for rules and scoring for all elevation challenge levels. <https://everesting.cc/>

### **What is the deadline to upload my results to Strava?**

Upload your file to Strava by 11:59 MDT on Monday May, 25. Files loaded after that time will not make it into official results.

### **When will results be posted?**

Results will be posted on Tuesday May, 26. We hope to have them up by 5pm MDT!

### **I'm doing the run category, do I record my ascent as well as my descent?**

Your choice! For runners, your elapsed time is what will be used to determine winners. For example, if you start your challenge at 11am and finish at 11pm, your final time will be 12 hours. Running categories will be divided into two sub-categories for the descent: Assisted (car, bike, gondola, etc.) and Unassisted (descent on your own two legs). Any questions on that, please refer to official Everesting rules and guidelines. <https://everesting.cc/run-rules/>. These guidelines apply to all elevation attempts, not just the everesting.

## **THE QUEEN'S EVEREST**

### **How do I Everest indoors?**

Zwift has some great recommendations here:  
<https://zwift.com/news/19025-all-about-veveresting>

### **How do I calculate the number of reps needed to complete the Queen's Everest?**

Use this handy dandy calculator to enter your Strava segment and determine the number of laps you'll need to complete the challenge. <https://www.everesting.io/>

### **If I'm going for a record or want my official Everesting badge, what do I do?**

You can and should load your run or ride on the official Everesting site to be listed in the hall of fame! <https://everesting.cc/submit/>

**I'm going for an Everesting record. What are the current record times for run and bike and virtual Everesting?**

Check here for the Hall of Fame of Everesting to see what time you should shoot for. <https://everesting.cc/>

**I'm not Everesting, but is there still an Everesting Hall of Fame and completion badges for other elevation challenges?**

YES! There is also a Hall of Fame for ½ Everest and 10k elevation challenges, so both the Twice Baked Potato and the Mashed Potato challenges are eligible to make it on the official Everesting results for those elevations as well. Check here for the record times to see what you are shooting for... <https://everesting.cc/>

**What is this all for anyway?**

We launched the Giddy Up Challenge

1. To Challenge you.
2. To connect our community.
3. To give us all a way to be proactively involved with Covid-19 relief.
4. To Be Good.

Thank you for joining us this weekend as you challenge and inspire yourself and others to Be Good!