

RULES* & ETHICS

REBECCA'S GIDDY UP CHALLENGE

Presented by



#GiddyUpForGood

The Basics

- Rebecca's Giddy Up Challenge **must be completed sometime between 12:01am MDT on Friday, May 22nd and 11:59pm MDT on Monday, May 25th**
- Categories: bike or run indoors or outdoors for one of the elevation challenges below.
 - The Queen's Everest - 8,848 m / 29,029 ft.
 - Mashed Potato - 4,842 m / 15,885 ft.
 - Twice Baked Potato - 3,228 m / 10,590 ft.
 - Baked Potato - 1,614 m / 5,295 ft.
- Awards for Top Female/Male finisher in each race category and distance
- Awards for Top 3 Fundraisers
- Random awards just for fun!
- In order to be eligible for race awards, participants must have a Strava account (Free or Premium) and a GPS Tracking device (cycling/running computer, fitness watch, smartphone or any device that allows you to record/upload to Strava)
- Athletes who want to be eligible for race awards, must join the appropriate Strava Club and upload their ride or run by **11:59 PM MDT on Monday, May 25th.**
- Any participants who do not wish to join the Strava club can still participate and be eligible for random awards, virtual high fives and fundraising awards.
- Winners will be notified by the email address used when registering

Single Activity

- Ride or run must be completed in one attempt (i.e. no sleep!). Stopping for meals and breaks is fine, but remember that these breaks add to your overall time and add up quickly!

Single Climb

- Choose one hill for this challenge and repeat as many times as necessary to meet the elevation requirement of your category. You cannot ride/run different routes on the same hill. Your chosen climb can be of any length.
- Rides must be full ascents each time, until your final lap. Your climb cannot be a combination of full and half laps, however, if your final lap only requires a

portion of the climb to meet the elevation gain needed, the final lap does not need to be a full lap.

- Example: You have calculated that you'll need to complete 10.5 laps in order to reach the necessary elevation gain for your challenge. The first 10 laps must be full laps and the final lap only needs to be half the lap (or the necessary distance to meet the requirements for the elevation gain)

If you are biking:

- Your ride cannot be a loop. You must descend down the same road or trail unless you are prevented from doing so (i.e. one-way street or one-way trail).
- You must ride up and down each time (i.e. you can't get driven down).
- Your tracking device must be recording the whole time.
- Acceptable bikes: Road, MTB, CX, Track, Gravel, BMX, ElliptiGO, Recumbent, Tandem. Not acceptable: Electric

If you are running:

- Runners have the option to be transported down (by car, bus, shuttle, bike, gondola, etc.) to the base of their climb for each lap
- In the case of an assisted descent runners can use an alternative route down to the start of the segment. (i.e. if the segment is a running trail, the assisted descent can be via a car down a nearby road)
- Runners can pause their device if being transported down to the bottom of each lap
- Runners final time is based on total elapsed time. For example, if you start your run challenge at 11am and finish your run challenge at 11pm, your total elapsed time for the challenge is 12 hours. What does this mean and why is it important? If you pause your watch or Strava while you're taking a break for a snack OR you pause your watch or Strava while you descend (you are welcome to do either!), that time still counts towards your overall elapsed time
- Winners for the Running Outdoors categories will be split into Assisted Descent and Unassisted Descent sub-categories to determine winners. An Assisted Descent is considered any type of descent that is not completed on your own two legs (i.e. car, bus, shuttle, bike, gondola, etc.)

Tracking Devices and Leaderboard

- Be sure to join the Strava Club for your category (see Strava Groups below)
- Record your race on a cycling/running computer, fitness watch, smartphone or any device that allows you to record/upload to Strava

- We recommend that you pre-calculate the number of repetitions it will take to complete the necessary elevation.
 - For example, take 29,029 feet and divide that by your elevation gain to calculate reps. If your hill is a 1,100 foot climb, you'll need to repeat that hill 26.39 times (29,029 ft. ÷ 1,100 ft = 26.39 repetitions)

Rebecca's Giddy Up Challenge Strava Clubs

- Bike: <https://www.strava.com/clubs/rebeccasgiddyupbikechallenge>
- Run: <https://www.strava.com/clubs/rebeccasgiddyuprunchallenge>

New to Strava? Take a look through the "[Getting Started](#)" article on Strava's Support site.

ETHICS: Be a S.H.A.R.K

S - Safe. Abide by the rules of the road if you are completing the challenge outdoors. Share the road. Keep your speed in check. Your safety is YOUR responsibility. Do not take risks that would stress your local medical care facility. Abide by your local health and safety rules for social distancing. If in doubt, complete the challenge indoors!

H - Honest. This is a fun event to challenge each other and do good. Just follow the rules and be honest as you execute your challenge.

A - Accountable. Adhere to the rules and regulations in your area pertaining to social distancing, stay at home ordinances and travel policies.

R - Responsible. This is a BIG challenge. Prepare accordingly. Carry ample food, hydration, and maintenance supplies and have an emergency plan in place.

K - Kind. Respect all participants and the public. Ride/run as friends and part of the endurance sport community. #GiddyUpForGood

Disclaimer

- By entering Rebecca's Giddy Up Challenge you agree that you are undertaking this challenge entirely at your own risk. Rebecca Rusch, Rusch Ventures, LLC, Rebecca's Private Idaho, LLC and all third parties involved in the challenge accept no liability for your actions, safety or harm to others.
- By entering Rebecca's Giddy Up Challenge you agree to follow the federal, state and local COVID-19 regulations regarding travel, social distancing, entry into parks/recreation areas, etc. Do the right thing! If you are unsure, please

complete the challenge at home! Any participants found in violation will be disqualified.

- By entering Rebecca's Giddy Up Challenge you agree to have your email address shared with our partners (who are awesome!). You may be added to their email lists, but you can easily unsubscribe from any distribution lists that are not of interest.
- *Rebecca's Giddy Up Challenge Rules have been adapted to follow the guidelines of [Everesting](#) - the creators and custodians of the Everesting Concept.