

2020 MABRA Women's DIY/Virtual Fall Series

September 21 - November 22, 2020

Purpose: To provide a fun and competitive cycling opportunity for women and junior girls in the MABRA Region during the Fall 2020 season.

Entry: 1 session - \$10 (2 weeks); 2 sessions - \$20 (4 weeks); full series - \$30 (4 sessions/8 weeks)

Dates: Each session is 2 weeks. There will be a "rest week" between Sessions #2 & #3 (Oct 19-25).

Session 1: Sept 21 - Oct 4

Session 3: Oct 26 - Nov 8

Session 2: Oct 5 - Oct 18

Session 4: Nov 9 - 22

Categories: Elite/expert (Cat 1-3), Intermediate/Open (Cat 3-4), Beginner/Novice (Cat 5), Masters (40+, 50+, 60+), Juniors (under 18)

Challenges: Distance (road, gravel, mtb); Elevation (road, gravel, mtb); Time (road, gravel, mtb), Strava Segments (road, gravel, mtb); Indoor/Zwift; DIY Cyclocross Courses, and More!

Points: Weekly challenges (8X); Session challenges (4X); Full series (overall)

**Additional bonus points will be awarded each week and session throughout the series*

- 1st - 10 points
- 2nd - 8 points
- 3rd - 6 points
- 4th - 4 points
- 5th - 2 points

Prizes: TBA (donated by teams/clubs/groups throughout the region)

Rules: Specific challenges will be posted weekly and biweekly over the course of 8 weeks. All challenges must be completed within their specified time frame for points to be awarded.

- ✓ Register on BikeReg for the entire series or for each 2-week challenge
- ✓ Sign the USAC online waiver (completed at registration)
- ✓ Submit your rides each week via BikeReg or email
- ✓ Join the "MABRA Women" Strava Club (if applicable)
- ✓ Follow *MABRA Women* on social media (Facebook & Instagram)

**Participants must be members of MABRA (Mid-Atlantic Bicycle Racing Association) or reside in the MidAtlantic Region (MD, VA, DC, PA, DE, WV) to be eligible.*

Notes: Information and updates will be sent out each week via email, as well as posted in the [MABRA Women Strava Club](#) and on the [MABRA Women](#) social media pages (FB & IG).

Contact: Alex Forte Howell, MABRA Board Vice-President & Women's Committee Chair

So How Does This Work?

- STEP 1: Register for the event on BikeReg
- STEP 2: Read the "Event Notes"
- STEP 3: Join the MABRA Women's Strava Club
- STEP 4: Join the MABRA Women's Facebook group
- STEP 5: Get ready to have some DIY fun!!

**If you don't use Strava, that's fine! You can load your rides and data manually on BikeReg.*

Challenges: The series is made up of 4 “sessions” (2-week periods), starting on a Monday and ending on a Sunday. Participants will have 2 full weeks to complete each primary challenge (listed below) and upload their data to the BikeReg leaderboard (via a Strava link or manually). After the round or session has concluded, points will be awarded for that specific challenge and a new one will begin. In addition, there will be a number of surprise “bonus” challenges each week and throughout the series including “sponsored” Strava Segments in the MidAtlantic Region, fun social media challenges, photo contests, DIY routes and courses, and more. Bonus points and prizes will be awarded each week in addition to the primary challenge points for each session.

1. Session 1: Sept 21 - Oct 4 (DISTANCE)
2. Session 2: Oct 5 - Oct 18 (ELEVATION)
3. Session 3: Oct 26 - Nov 8 (TIME)
4. Session 4: Nov 9 - 22 (COMBO)

FAQS:

- ❖ **Does it matter which bike I ride?** Any bike you want! There is no requirement (except that it cannot be a motorized or electric bike). Road, mountain, gravel, cyclocross, singlespeed, fixie, whatever! Switch it up every day, week, month.
- ❖ **Does it matter where I ride?** Nope! That's the glory of a diy/virtual event. You can ride anywhere at any time and it still counts. Ride your road bike in Virginia one day and your mountain bike in Maryland the next. Then hop on your gravel or cross bike and head out to West Virginia for the weekend. Anything goes!
- ❖ **Can I participate if I only ride indoors?** Yes!!! Both indoor and outdoor rides qualify.
- ❖ **How will you track rides and award points?** BikeReg has a virtual leaderboard that participants can link to their Strava accounts or upload data manually. Each week, the leaderboard will be updated. After each session (2-week period), points will be awarded to the Top 5 participants in each category for that challenge and a new one will start.
- ❖ **What if I only want to participate in 2 of the 4 challenges and not the entire series?** That's fine. You can register for an individual session separate from the series.

Proceeds from this event will be donated to a group/organization that supports diversity in women's cycling.

Bonus Challenges: Complete any of the activity challenges below to receive bonus points (and possible prizes!). Some challenges are “sponsored” by MABRA teams/clubs/groups/events. A maximum of 5 bonus points will be awarded per session.

STRAVA SEGMENTS - Complete the following Strava Segments at any point during the series. Each segment is a shout-out to a MABRA team/club/group/event.

Session 1

**Rocktown Rambler (Rocktown Bicycles) & Reckless Cross (Sportif Coaching Group & Patapsco Bicycles)*

1. www.strava.com/segments/22194276 (Rocktown)
2. www.strava.com/segments/9276072 (Reckless/Patapsco)
3. www.strava.com/segments/1878763 (Reckless/Patapsco)

Session 2

**Falkorburg CX (Team BBC) & DCCX (DCMTB and Crosshairs Cycling)*

4. www.strava.com/routes/9070639 (Falkorburg)
5. www.strava.com/segments/1291149 (DCCX)
6. www.strava.com/segments/6779353 (DCCX)
7. www.strava.com/segments/6909755 (DCCX)

SOCIAL MEDIA & PHOTO SUBMISSIONS - Post the following on your social media page (FB/IG), tag MABRA Women, and send a copy to me (Alex) to receive bonus points. By doing so, you give MABRA Women permission to share your photos (we will not use your name if you specify).

Session 1

- Photos from one of your favorite rides
- Throwback photos from a favorite race/event

Session 2

- Photos of your bike(s) in interesting and unique places
- Throwback photos from when you first started riding