

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 MST on Saturday, May 23rd and 11:59pm MST 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 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.

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 a brand new Liv and Giant bike!

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.

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/>