

RULES for The Great Bike vs Car Showdown

June 3rd -9th, 2018 in Canmore

Welcome to the Canmore Commuter Challenge and one of the fun activities we have in store for you! Which mode of transportation (bicycle or car) will be the fastest at completing 10 errands in Canmore? We challenge you to try it out! The car time to beat is 41 minutes.

Please read all the rules below and if you have any questions, email Community Cruisers at: canmorecommunitycruisers@gmail.com

Thank you and may the fastest bike commuter win!

- 1- Please download and install the free Strava app on your phone and create a free account if you don't already have one. Join the "The Great Bike vs. Car Showdown" club, by visiting <https://www.strava.com/clubs/CommunityCruisers> or searching for "The Great Bike vs. Car Showdown" under Explore, Clubs.
- 2- Go to the Community Cruisers website (<http://communitycruisers.ca>) to get a list and map of all 10 businesses that you will need to visit. ** You will need to print out a copy of the "passport card" that will be stamped at each business or pick up a passport card at one of the 10 participating businesses.**
- 3- Once you are ready to take the challenge, go to Save-On Foods parking lot and START your Strava at this point. You can choose to go to each business in any order and via any route you like. Please make sure Auto Pause is set to off so the clock is running regardless if you are moving or not. Do this by selecting settings from the record screen.
- 4- Once at each business, you have to get your card stamped. Most of the businesses have regular opening hours so the stamp should be readily available inside or hanging outside the door. Stamp your passport and continue to your next stop.
- 5- Once you have completed 9 stops, the last one should be Save-On Foods. STOP your Strava once you have your last stamp from Save-On Foods. Take a picture of your STAMPED passport card and include it when you are saving your Strava activity.
- 6- Your time will be recorded and the fastest time will be announced on June 10. **WINNING PRIZE: \$100 Gift Certificate from MEC.** You may attempt the challenge more than once of course to improve on your time.
- 7- **PLEASE NOTE!!!!** All participants are expected to follow the rules of the road and show respect for other road and pathway users as per usual.

This is designed to be a fun event, so don't take it too seriously you Strava geeks out there!!

PLEASE HAVE FUN AND RIDE RESPONSIBLY!