

National Bike Challenge How-To Guide

1 - How to Log a Ride

- **NOTE:** To log a ride that counts in the National Bike Challenge, you first have to join at <https://nationalbikechallenge.org/>.
- 1. There are a number of ways you can log a ride for the National Bike Challenge.
 - a. Download the free Strava app to your smartphone and use it to record your ride <https://www.strava.com/mobile>.
 - b. Use your existing app and either [Tapiriik](#) or [FitnessSyncer](#) to transfer your rides from your existing app to Strava.
 - i. [Tapiriik](#) - works with Endomondo, Ride with GPS and others.
 - ii. [FitnessSyncer](#) - works with MapMyRide, Ride with GPS and others.
 - c. Use a [Garmin device](#) to track your rides and have them uploaded to the National Bike Challenge.
 - d. Manually track your ride and [input the ride manually into Strava](#).
 - i. Although there is much information you can enter, all that is required is Distance and Duration (if you want your average speed to be accurate).

Device	Manual Entry		
File	Distance	Duration	Elevation
Manual	<input type="text"/> miles	01 hr 00 min 00 s	<input type="text"/> feet
Mobile			

- ii. Press the orange **Create** button at the bottom of the page and your ride is saved.



- **NOTE:** For your ride to show up in the National Bike Challenge, it is important that it is:
 - NOT checked as a Private ride in Strava.
 - NOT tagged as a Stationary Trainer ride in Strava.
- **NOTE:** It will take some time for your ride to show up in the National Bike Challenge.
 - Automatically uploaded rides - typically within 5 to 10 minutes.
 - Manually input rides - typically within 15 to 20 minutes. We appreciate your patience!



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- **NOTE:** The **Delete a Ride** option is available for anyone when your rides need to be deleted. Please note, deleting a ride is permanent and will not be reflected in Strava, only The National Bike Challenge. Once deleted, it may take up to 24 hours for the change to be reflected in the leaderboards.
 - Select your name from NBC dashboard - click Settings/Rides and delete the desired ride y clicking once on the the red **Delete**.
- **NOTE:** If any of your rides are missing on the National Bike Challenge, you may fetch them once a week. This will fill any holes, but only goes back through your last 200 activities from Strava. The sync will get pushed into the queue with all of the others so it may take some time. It may take up to 24 hours for the updates to show in your miles/points and the leaderboards.
 - Select your name from NBC dashboard - click Settings/Rides and click orange **Fetch Rides** button.

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GET MISSING RIDES

If any of your rides are missing, you may fetch them once a week using the button below. This will fill any holes, but only goes back through your last 200 activities from Strava. The sync will get pushed into the queue with all of the others so it may take some time. It may take up to 24 hours for the updates to show in your miles/points and the leaderboards.

[Fetch Rides](#)

RIDES

If any of your rides need to be deleted use the respective links. Please note, deleting a ride is permanent and will not be reflected in Strava, only The National Bike Challenge. Once deleted, it may take up to 24 hours for the change to be reflected in the leaderboards.

ID	Date	Miles	Settings
972556737	2017-05-05 16:39:45	9.17	Delete

