Thursday, January 28

American Heart Association®
CycleNation™
MAINE
THE NEED

Stroke is a leading cause of debilitating disease in the U.S., and it is the No. 2 cause of death in the world.

By working together, we can ensure that fewer patients and their families will suffer from this largely preventable disease.

Someone in the U.S. has a stroke every 40 seconds.

MAKING A DIFFERENCE

CycleNation Maine is a way for you, your coworkers, and family to get active and support the work of the American Heart Association.

No matter the season, the Association encourages everyone to stay active and exercise your heart to decrease the chances of stroke and heart disease.

This January, choose a fitness activity to stay in shape. From snowshoeing and indoor stationary biking to fat-tire biking and Nordic skiing – it is time to get active.

Challenge yourself by selecting an activity goal and a fundraising goal to support the work and science of the Association.

Join CycleNation with a team or by yourself and make a difference in the brain and heart health of all Mainers. Together, let’s move to make a difference in the lives of the people we love.
We could all use help to exercise more and stay in touch. Join friends and coworkers for this January’s Maine CycleNation to kick start your winter and get you exercising while protecting the hearts and brains of those you love. Choose activities that are close to your heart and start tracking your miles **30 days out from the event.**

**HOW IT WORKS**

**Ready**
Download or update your CycleNation app and get registered.

**Set**
You have 30 days to get riding while you log your miles and fundraise for CycleNation.

**Go**
Any way or anytime you ride counts.

**Celebrate**
Keep an eye on your leaderboard - top riders and fundraisers will be recognized on CycleNation day.

Download the CycleNation app - and GO!
CycleNation Mileage Tracker

NEW! The CycleNation app now has the ability to track your miles right from your phone during this year's CycleNation Mileage Challenge!

Downloading the Application

If you DO NOT already have the CycleNation App:
Navigate to your Apple or Google App Store and search for "CycleNation"

If you DO already have the CycleNation App:
Navigate to your account to update current apps and Click "Update"

Connecting Apple or Android Device with Apple Health, Google Fit or Strava

Apple
Click on Apple Health

Google
Click on Google Health

Strava
Click on Connect with Strava

Android users may be required to download Google Fit.
CycleNation Mileage Tracker

Authorizing Boundless Motion to retrieve your activity data in the CN App. Navigate to Settings and turn on ALL categories.

Tracking Your Mileage!

You DO have an Activity Tracking Device
If your current tracking device, such as an Apple Watch or Garmin, is connected to either Apple Health or Google Fit, your historic mileage activity will automatically be retrieved in the CN app. You can also go beyond biking and manually track walking and running miles.

To track your Peloton miles - be sure to be connected through Apple or Google Health

You DO NOT have an Activity Tracking Device
You can record your cycling miles from within the CN app by clicking the green “Start” button. When you are done with your ride, you can press the red “Stop” button to save your workout. If you forget to track your mileage with a device, you can manually track miles from riding, walking or running. Click the “plus” button next to activities.

Technical Support
If you are having any technical issues within the app or the Activity Tracker our Vendor Boundless is here to help directly through the app. Navigate to the upper right hand corner and click on the gear shift button. Scroll down and click on “Need App Support” You can then click on "New Support Ticket" to submit to Boundless.