



American Stroke Association
A division of the American Heart Association.

CycleNation™

CYCLENATION DISTANCE CHALLENGE

We could all use some help to move more and stay in touch. The One CycleNation distance challenge will get you moving while protecting the hearts you love.



Encourage Movement



Relieve Stress



Connect Teams



Raise Lifesaving Funds

HOW IT WORKS

READY

Register for a CycleNation event and download or update your CycleNation app

SET

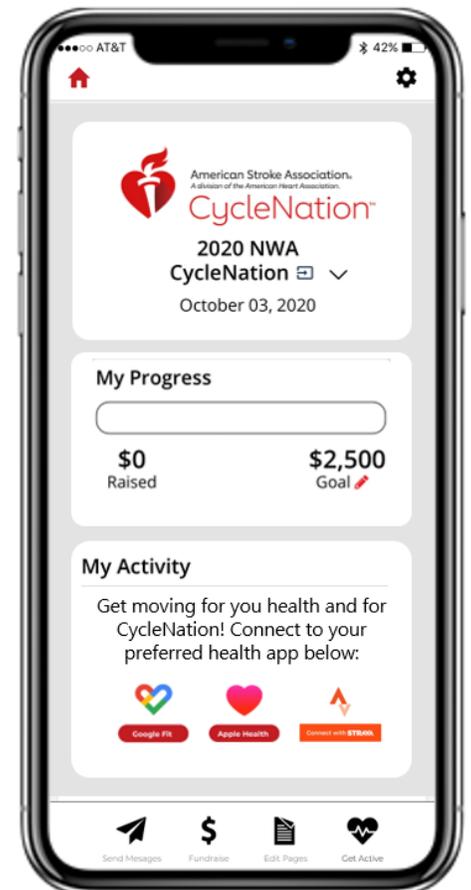
One CycleNation continues the tradition of cycling, the heart of our event, however this year you get to “define” your ride with our new physical activity tracker conveniently located in your CycleNation App!

Go beyond the bike and manually track miles of other physical activity giving you more ways to participate and define your ride.

Ask your network of family and friends to support you and the mission of the American Heart Association.

CELEBRATE

Join us for our national livestream event featuring a conversation between actor and stroke survivor Timothy Omundson and Michael Johnson, Olympic Gold Medalist, stroke survivor and American Stroke Association volunteer.



**Raise funds
AND raise
heartbeats**

Simply download and GO!





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TOP TIPS FOR A WINNING DISTANCE CHALLENGE

Ready to get a step ahead? Here are some ways to make your company's step challenge a BIG success.



SET A GOAL

Rack up the miles with a company goal. Just a 30-minute ride is about 8-10 miles. Imagine if you all logged miles together!



RECRUIT PARTICIPANTS

Make sure all of your team captains and walkers are recruited before Distance Challenge begins and they have downloaded the CycleNation app so their miles count!



MAKE A MATCH

Inspire your teams to log more miles with a company Miles Match, like \$1 for every 10 miles.



SPREAD THE WORD

Get everyone in the game! Teams can get healthier together AND stay connected.



START AT THE TOP

Sign up your CEO and other executives. If your company leaders are in, your employees are more likely to be in too.



CHEER THEM ON

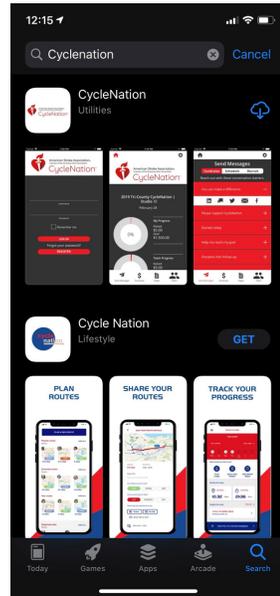
Send a weekly email to congratulate all your participants and update them as your company climbs the leaderboard. (And watch everyone's competitive spirit come out!)

CycleNation Mileage Tracker

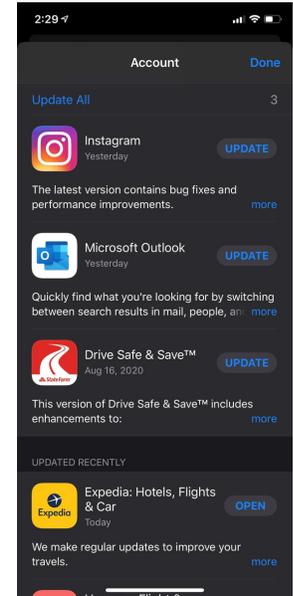
NEW! The CycleNation app now has the ability to track your miles right from your phone during this year's CycleNation Mileage Challenge!

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

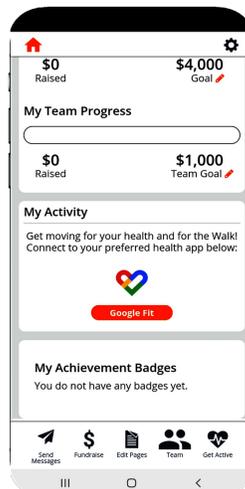
Apple

Click on Apple Health



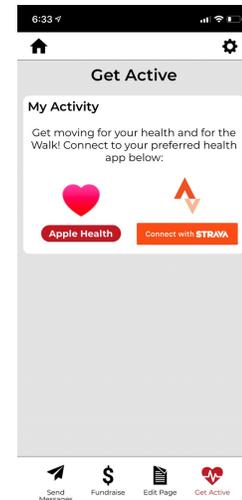
Google

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.

