

TIPS & TRICKS *for* YOUR VIRTUAL RIDE OR RUN

After two years of the Point to Point being virtual, we're keeping the option this year for riders and runners to create their own challenge and participate from anywhere. If you're not able to join us on August 6 or from another part of the world, here are a few ways to make the most of your virtual ride or run.

PLAN YOUR COURSE

1

We've mapped out biking and running routes for every distance on the [Point to Point website](#), but you can also create your own course for your ride or run. If you're considering an alternate route, it helps to map it out ahead of time. This ensures you cover the proper distance and avoid any intersections, construction sites, or other unplanned stops that might interrupt your rhythm. You can also identify possible pit stops where you will be able to safely pull over and refuel. As a bonus, you get to choose the scenery for your entire ride or run!

CHOOSE THE RIGHT TIME FOR YOU

2

One benefit of the virtual option is that you can choose when the starting gun goes off. Perhaps you want to mimic the actual event on a weekend morning. Maybe you aren't a morning person and prefer running in the afternoon, or during sunset. You can even switch your "event day" to ride or run when the weather's better. Pick a day and time that's right for you.

STICK TO YOUR RITUALS

3

Do you usually "carb load" the night before? Do you eat a favorite gel or bar right before go time? Do you have a lucky riding or running outfit (a Point to Point jersey, perhaps)? Make your pre-event menu, lay out your outfit, and check your equipment in advance. By keeping your usual routines in place, you'll set yourself up for success.

ENLIST SUPPORT

4

While there may not be spectators and sponsors at your personal event, you can still enlist support. Share your riding or running plans with friends and family so they can cheer you on. They can wish you luck the night before, call or text you (safely!) with inspirational messages during your ride or run, and congratulate you for crossing the finish line. You don't have to ride or run alone, either. Create a Point to Point team, invite your friends, and form your own virtual peloton or running group!

HAVE FUN!

5

Last but certainly not least, enjoy yourself! Wear an unofficial event bib or don a crazy costume. Set up a finish line and podium ceremony—after all, this is the one time you're guaranteed to finish first! Whatever you choose to do, make the most of it and have fun out there!