



2021 Virtual Hiking Series Information Sheet



Registration Process:

1. Visit website or scan QR code to register individually.
<https://forms.office.com/r/zVdaBBBAVV>
2. STRAVA members request to join the “2021 TC Hiking Series”.
If not a STRAVA member, register an account - no fee required.
3. Last day to register is September 25, 2021.

ONLY ELIGIBLE TO CURRENT TCRHCC SERVICE AREA RESIDENTS:
TUBA CITY, CAMERON, GAP/BODAWAY, LeCHEE, COPPERMINE, KAIBETO,
TONALEA, ROCKY RIDGE, COALMINE, MOENCOPI, FLAGSTAFF & PAGE

How this works:

1. Begins: September 13, 2021
Ends: December 18, 2021
2. Each participant must:
 - a. Complete a minimum of 4-miles for one hike - 4 hikes total.
 - b. Log each hike into the STRAVA app to track participation.
STRAVA has the option to record your miles during the hike or enter a manual activity with a picture of hike (ie: course, picture route, or screenshot of NIKE/Fitbit/Garmin App).
 - c. Email JMlregistration@tchealth.org when 2 and 4 hikes are met to verify completion of hikes.

How do I track my mileage using STRAVA?

1. Ensure Location is on in smart phone setting.
2. Open STRAVA application.
3. Press “Record” on bottom tabs.
4. Once the “GPS required signal” is complete (momentary pop-up), press “START” and get moving.
5. When hike is complete, press “STOP” then “FINISH”.
 - “Title your Run” the course you completed (ie: Fat Mans Loop with husband/wife, child 1, child 2....)
 - Under “Add description” include spouse and kids name who participated if they do not have access to STRAVA.

6. Press “Save” at top right corner of screen.
7. **Manual Entry:** STRAVA has the “Manual Activity” option to enter your hike if reception is weak in hiking location.
Ask HPDP team for more information.
 - a. Mandatory upload: “Add a photo” and upload a screenshot of your logged miles from a different tracking app.

How will I receive my Hiking Series Incentive(s)?

1. Incentives will be mailed to limit in-person contact.
 - a. Incentives will be mailed once Hiking Series is complete.
 - b. Incentives will not be mailed outside of TCRHCC service area.
2. Incentives will be received in accordance to number of hikes participated.
 - a. Two Hikes Complete: TBD
 - b. Four Hikes Complete: TBD

Note: Due to COVID precautions, there will be NO exchanges of sizes-
NO EXCEPTIONS.

REMINDER: TRIAL AND ERROR MAY OCCUR, BUT ALL EFFORTS WILL BE MADE TO LIMIT MISTAKES. THE HPDP STAFF WILL DO THEIR BEST TO MAKE THE 2021 VIRTUAL HIKING SERIES THE BEST EXPERIENCE POSSIBLE, ESPECIALLY DURING A TIME LIKE THIS. REMEMBER, THIS IS A FAMILY EVENT. THIS PROGRAM IS DESIGNED TO INCREASE PHYSICAL ACTIVITY AMONG YOUTH AND THEIR FAMILY MEMBERS AND PROMOTE A HEALTHY ACTIVE LIFESTYLE.

For more information, contact:

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Email: jmiregistration@tchealth.org.