Virtual Rider “Choose Your Own Adventure” Activity Ideas

Finish X miles on one day.

OR

Ride, run, walk XX miles over the course of several days, weeks, or months.

• This is the simplest activity option that everyone can do!
• Aim to get per-mile pledges for these larger goals.
• How to cover the miles? Your options are endless...here are some ideas:
  o Ride
  o Run
  o Walk
  o Roller Blade
  o Elliptical Machine
  o Row
  o Roller Blade

Fitness Challenge
Come up with Rodman 30 Challenge where you and your teammates have to do 30 push-ups, chin ups, burpees, dips, sit ups, jump rope, etc

Zwift
Ride using the Zwift app with your teammates

Spin
Attend a virtual spin class(es)

Yoga, Zumba, or Bootcamp Classes
Pledge to take X classes or spend X hours on this activity

Random Acts of Kindness
Commit X RAOK