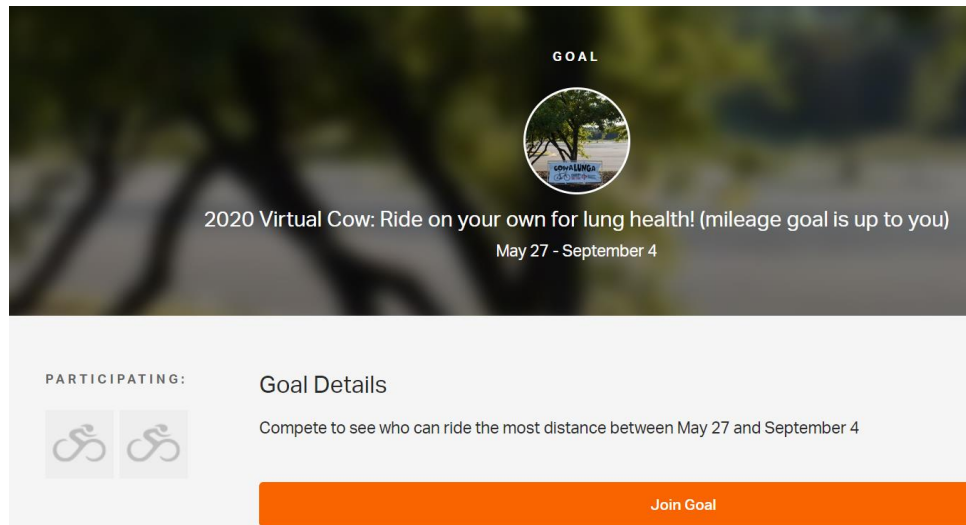


Join RHA and the 2020 Virtual CowaLUNGa Bike Tour on [Ride with GPS!](#)

Whether you are training indoors or out on the trails, we invite you to log your CowaLUNGa miles as you ride for lung health this summer. This is an opportunity to track and share your miles with other Cow riders and to stay engaged as we socially distance this year!

How long and how often you ride is completely up to you. Join the CowaLUNGa Goal and happy riding!



GOAL

2020 Virtual Cow: Ride on your own for lung health! (mileage goal is up to you)
May 27 - September 4

PARTICIPATING:

Goal Details

Compete to see who can ride the most distance between May 27 and September 4

Join Goal

Instructions:

You will need a Ride with GPS account to log your CowaLUNGa miles on our goals page.
You can choose to create a free Starter account.

Already have a Ride with GPS account?

[Click here](#), choose Join Goal and log in with your account information.

Don't have an account?

[Click here](#), choose Join Goal and then Create an Account.

The Ride with GPS app is available in the [App store](#) and on [Google Play](#).

Be sure to invite other CowaLUNGa riders to join our CowaLUNGa goal on Ride with GPS!

Using Ride with GPS and its features is optional and at your own risk.

<https://ridewithgps.com/goals/15658>

Please note: when logging miles manually be sure to hit the update button for your miles to be counted for your goal!

The screenshot displays the Garmin Connect web interface. On the left is a navigation menu for user 'Jeremy Wilson' with options: Dashboard, Calendar, Routes, Rides, Collections, Analyze, Upload (highlighted), Friends, and More. The main content area is divided into two sections. The top section, 'Garmin Connect', states 'You are connected!' and provides an 'Unlink' button. Below it, the 'Upload files' section prompts users to pick GPX, TCX, FIT, or KML files to upload, with a 'Select files' button. The 'Manually Log Your Ride' section includes the text 'Forget to record your ride? No worries, you can record it manually.' and an orange 'Add Ride' button. A bottom section notes that the Garmin Communicator plugin is deprecated and provides links for 'View legacy upload page', 'Upload files from other sites.', and 'Learn how to upload'. The right side of the interface shows a summary: 'You've Uploaded 14.0 miles!' for a ride named 'Peloton - 45 Min Power Zone (Jun 6)'. The ride details include '14.0 miles +0 ft 00:45:00'. The 'Name' field contains 'Peloton - 45 Min Power Zone' with an 'Associate with route' link. The 'Description' field contains 'Dennis Morton P2 Ride'. The 'Gear' section has a note 'Connect this ride to a bike.' and a 'Privacy' dropdown set to 'Anyone, it's public'. At the bottom, there are 'Add photos', 'Update', and 'Delete' buttons. A red box highlights the 'Update' button with the text 'You must click Update or ride will not be added to goal!', and a red arrow points to the 'Update' button.

Helpful links:

[Log rides manually](#)

[Connect with Strava](#)

[Ride with GPS Help](#)