



Run, Bike, Walk Frequently Asked Questions

I paid the \$50 entry fee, do I need to pay every month?

No, that is a one-time registration fee for the remainder of the year's races.

Do I need to participate as a runner, walker, and biker?

No, you can choose one registration type when you register!

If you decide you want to switch it up month to month, that is fine. Just make sure you track your stats, submit your results, and say "I'm In" to the Strava event that matches your activity.

Where do the funds raised go?

We have just entered our Return to Play stage where athletes and local programs are ready to practice again. Your fundraising directly impacts the athletes as they return to the playing field safely through field venues, uniforms, equipment, PPE and cleaning supplies for athletes and coaches, and other services programs need for their teams.

What is Strava?

Strava is a free activity tracking app that we will be using for our Xtra Mile runners, walkers, and cyclists to track their trainings and monthly race events. Find the tutorial on how to set up an account [here](#) (please note you must be registered on Donor Drive before you are accepted to the Strava club).

Each month there will be an event to join for our monthly 5ks for walkers and runners and a separate event for bikers to join. Then, everyone's data will show up under these events as well as under the Special Olympics MA club! It's a great way to see what your friends are up too and motivate each other.

Do I need to use Strava?

No, you are welcome to use your own fitness app or none at all. However, with Strava, you are able to be a part of the Special Olympics MA club and can join our monthly races as well as see what other Run, Bike, and Walk participants have been up too.

Can I transfer over past results from a different app to Strava?

If you would like to transfer over data from a previous app to Strava, there are Support Articles with info on how to do so. If you'd rather use the app you have been using and not Strava, that is perfectly fine. You could also run both apps at the same time when you record activities. Below are some suggestions and helpful articles, although we do not promise these are 100% effective in transferring information.

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[Runkeeper to Strava](#)

[Upload Nike+ activities to Strava](#)

[Garmin Connect to Strava](#)

[Map My Run to Strava](#)

[Other Apps to try to move data](#)

How do I edit my Strava account for privacy?

Privacy Zones hide the start and stop location of your activities to everyone but you. When you activate this, it will impact all past and future Strava activities.

To edit on the mobile app – Select Profile – Settings icon – Privacy Controls – Privacy Zones – Add – Enter Address – Save

To edit on the web – Login to your Strava Account – Click on your Profile – Settings – Privacy – Enter address

How do I get access to prizes?

There will be incentives based off of when you hit certain fundraising levels as well as monthly fundraising challenges that are unlocked when a certain amount is raised.

Incentives will be mailed to you when staff is able to send it from our office.

Fundraising challenges will differ per month and after the goal is reached for that month, you will unlock a fitness challenge emailed to you. The fundraising challenge also accumulates towards the incentives.

Can I adapt the monthly races?

Of course! We suggest a 5k for walkers and runners. For bikers, we suggest a 10 or 25 mile ride. However, if this distance is too much of a challenge, you are more than welcome to complete what you can. If it's easier to break up the mileage over the entire weekend or just complete half of it then that is more than okay. At Special Olympics MA, we want everyone to feel included!

Do I need to participate every month?

It's okay if you are not able to participate every month. However, each month will have its own exciting theme for you to participate in from trainings to the race weekend! Each month will come with its own custom bib for you to print out and wear while you train and run. If you can't participate during the race weekend, feel free to complete it on your own schedule or participate in the following month.

If you have any additional questions, please reach out to Meghan O'Neil at meghan.oneil@specialolympicsma.org or 508-485-0986 x258.