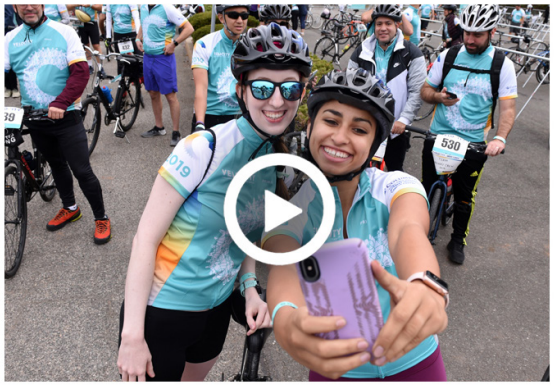
your VELOCITY
COLUMBIA'S RIDE TO END CANCER

Velocity Day Guide

Velocity Day: Sunday, October 4, 2020
Live Broadcast, presented by Regeneron: 9am ET

We're excited to have you join us for Velocity Day on Sunday, October 4th! See below for a timeline of suggested activities to help you make Velocity Day a special celebration of all you've accomplished this season.

Help us keep the community connected by sharing your Velocity Day with us. **RSVP** to Velocity Day on facebook and post photos or videos to your social media channels and use the **#yourvelocity.** Remember to make your social profiles public before Velocity Day!



JOIN US ONLINE FOR THE VELOCITY DAY BROADCAST & MORE

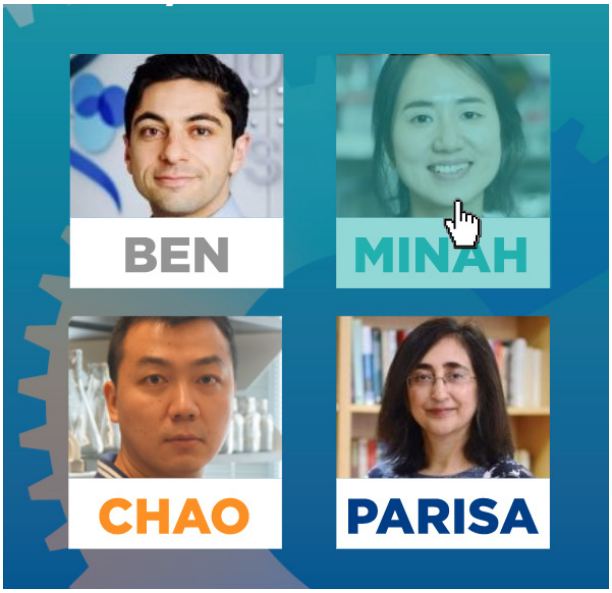
8:45 AM: Velocity Day Broadcast Pre-Show, velocityride.org
You will be automatically redirected on Velocity Day to our Velocity Day Hub where you can watch the Broadcast, and explore our online activities.

9:00 AM: Velocity Day Broadcast presented by Regeneron, velocityride.org
Watch and connect with the Velocity community. You'll be inspired by Columbia doctors, patients, Velocity participants & more.

EXPLORE THE VELOCITY DAY HUB

Complete your What's Your Why Virtual Bib
Tell us why you're participating in Your Velocity and upload a photo to our Virtual What's Your Why Wall presented by Fundlove.

Meet our 2019 Velocity Fellows
Meet our 2019 Velocity Fellows and learn about the research they are doing to help ensure better outcomes for cancer patients and their families.



Get Social
Snap a photo of how you're celebrating Velocity Day and share it on social with #yourvelocity. See your photo on our Social Wall, along with other photos from our community of Velocity participants.

Save Your Spot
Be the first to know when registration opens for Velocity 2021.

#YourVelocity

POST-BROADCAST: COMPLETE YOUR VELOCITY ACTIVITY

It's your why. It's your how. It's Your Velocity: ride, run, walk, or engage in any activity of your choice. Below are some ideas to help you get inspired for the day, including a special exercise class with our partner, Studio in the Heights!

Show your Velocity pride.
Wear your new or old Velocity swag, snap a photo and share it on social with #yourvelocity. Be sure to make your profile public and follow our official channels on Facebook (@velocityride), Instagram (@velocity_ride) and Twitter (@velocity_ride).

Exercise with Studio in the Heights.
Take our official Velocity Day exercise class with our partner Studio in the Heights. The class will be made available in our Velocity Day Hub to take any time.

Ride inside with your Peloton.
Complete a Peloton class and add the #velocityride to your profile to ride with our community.

Ride, run, or walk outside.
Share a photo of your activity to your social channels using #yourvelocity

Fundraise and earn rewards.
There's still time to earn more Velocity swag. You have until October 11th to reach one of our reward levels.

PACER	LEADER	CHAMPION	CORE CLUB
RAISE $100	RAISE $200	RAISE $500	RAISE $1000
BUFF	HAT	T-SHIRT	JACKET

SAFETY TIPS

THANK YOU FOR PARTICIPATING IN YOUR VELOCITY! Your safety is very important to us. Please follow the below guidelines to keep safe on Velocity Day.

Keep Hydrated! Please make sure you are drinking both water and sports drinks during your activities.

If you're walking or running outside, make sure you bring your cellphone, snacks, and have a plan for taking bathroom or water breaks.

We do not have dedicated emergency phone lines this year. Please dial 911 in case of an emergency.

Please follow all local CDC guidelines regarding activities and gatherings. For up to date information related to COVID-19, please visit: **https://www.cuimc.columbia.edu/covid-19-information-cuimc-operations-patients-employees-and-students**

IF YOU'RE RIDING OUTSIDE ON VELOCITY DAY:

- **Wear the right thing. Don't forget your helmet and wear bright and/or reflective clothing, even in the daytime hours.**
- **Avoid wearing headphones so as to stay alert at all times.**
- **When riding with others, ride single file at all times, with the exception of passing.**
- **When passing, call out "On Your Left" when passing and make sure that you LOOK BEHIND you before pulling out to pass.**
- **Follow the rules of the road, as if you were driving a car.**
- **We will not have any roads closed on our normal route. Follow all local travel laws and stay alert.**