

## TIPS & TRICKS *for* YOUR VIRTUAL RIDE OR RUN

### STAY SAFE

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As the Point to Point, powered by VSECU, has shifted to a virtual event due to COVID-19, it's important that you continue practicing physical distancing. As tempting as it is to make it feel more like a competition, avoid riding or running in groups and choose a time and place where you won't encounter lots of other people.

### PLAN YOUR COURSE

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If you're considering an alternate course for your ride or run—which we strongly encourage for health and safety reasons, particularly on August 1—it helps to map out your route ahead of time. This ensures you cover the proper distance and avoid any intersections, construction sites, or other unplanned stops that might interrupt your rhythm. You can also identify possible pit stops ahead of time, where you will be able to safely pull over and refuel. As a bonus, you get to choose your scenery for the full 13.1 to 100 miles.

### CHOOSE THE RIGHT TIME FOR YOU

3

One benefit of a virtual event is that you can choose when the starting gun goes off. Perhaps you want to mimic the actual event on a weekend morning. Maybe you aren't a morning person and prefer running in the afternoon, or during sunset. You can even switch your "event day" to ride or run in better weather. Pick a day and time that's right for you.

### STICK TO YOUR RITUALS

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Do you usually "carb load" the night before? Do you eat a favorite gel or bar right before go time? Do you have a lucky riding or running outfit ([a Point to Point jersey](#), perhaps)? Make your pre-event menu, lay out your outfit, and check your equipment in advance. By keeping your usual routines in place, you'll set yourself up for success.

### ENLIST SUPPORT

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While there may not be spectators and sponsors at your personal event, you can still enlist support. Share your riding or running plans with friends and family so they can cheer you on—from a safe distance—before, during, and after. They can wish you luck the night before, call or text you (safely!) with inspirational messages during your ride or run, and congratulate you for crossing the finish line. You can even arrange your own personal, physically-distanced cheering section, either along your route or following by car with signs, shouts, and snacks to power you through the miles.

### HAVE FUN!

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Last but certainly not least, enjoy yourself! Wear an unofficial event bib or don a crazy costume. Set up a finish line and podium ceremony to celebrate not only finishing the Point to Point, but fundraising for a great cause. After all, this is the one time you're guaranteed to finish first. Make the most of it and have fun out there!