

## CHARITY CLUB CHALLENGE

### WHAT is the challenge?

To climb the Zwift Ventop Mountain as many times as you can in 24hours and raise funds. You can join the challenge as an individual or as part of Club Team using any of the scheduled events.

**Zwift events start at 0700 BST May 18<sup>th</sup> and run every 30 mins to 0630 May 19<sup>th</sup>.**

### HOW will the funds be used?

**70%** of the funds raised will be shared between our chosen Charities.

[Cyclists Fighting Cancer](#)  
[Bodie Hodges Foundation](#)

**30%** of the funds will be shared between the charities of the 3 Clubs whose riders complete the most ascents within the challenge – all riders will need to be registered with FRR to be counted

### How will ascents be tracked?

Zwiftpower resulting will drive the ascent tracking

New riders to FRR must register by midnight May 21<sup>st</sup> (Known riders are on the list)

Registration ensures ascents can be counted for Club and we can send riders awards earned

[Click here to Register for the Challenge](#)

### How can I donate?

We are using a central fund-raising site to collate all funds raised and we will distribute after the closing date has been reached **May 25<sup>th</sup>**. Please use the link below or go to our web Home page.

### How much should I donate?

There is no minimum or maximum however as a guideline for the event:

**If you are doing multiple ascents, we are asking for £5 for each ascent.**

**If you are doing 1 ascent, we are asking for £10.**

*All Riders will be offered the opportunity to purchase one of our FRR T-Shirts at the lowest cost possible with £1 going to the fund raising for each one sold\**

Anything more is completely up to you but don't forget to share with family and friends

[Click here to Donate](#)

\*Ordering link will be placed on the website and emailed to Registered riders – the change ensures administration is simplified

## What can I achieve during the challenge?

Everyone has different personal goals and abilities whether it is to complete their first ever virtual ascent of Ventop or their 100th however here are a few major options:

**vEveresting\* Base** = 3 ups + 3 downs  
**vEveresting\*** = 6 ascents + 6 descents  
**vEveresting\* 10k** = 7 ups + 6 downs

**FRR vCingles** = 3 ascents  
**FRR vBiCingles** = 6 ascents  
*Special concession to ignore descents!*

Set First World record for most virtual meters ascended by a Man in 24hrs  
Set First World Record for most virtual meters ascended by a Woman in 24hrs

*\*Please ensure you are aware of the rules that [Everesting Organisers](#) set for virtual Everesting activities.*

## Did someone say awards & prizes?

All riders who complete at least 3 ascents will be:  
**Awarded the exclusive Zwift in game FRR Jersey and,  
Entered into a draw where 2 riders will receive £100 for use in the [FRR Club Shop](#)**

Our **Leading Man and Woman** who ascend the most meters within the 24hours

\*\* Cut off time being 0700 BST May 19<sup>th</sup> \*\*

**Will receive £200 each for use in the [FRR Club Shop](#)**

## How will the day work?

Riders should join the scheduled events or jump to France within Zwift  
ALL riders will see ALL riders ALL day so we can chat and encourage everyone

To help identify who is in the challenge we ask riders to simply add **FRR24** to their Companion App name and of course if you own an FRR Jersey then wear that too!

## FAQs.

**Q. If I am Everesting how will my other ascents be counted?** Once you have completed the activity send FRR Race Control an email with the Strava activity included

**Q. Can I post on social media?** Yes please tell the World what you are doing stream, post on Facebook, Tiktok and be proud of your effort and achievements

**Q. Where can I see results?** All results and tracking will be on the FRR website

**Q. I need for information or I would like to offer sponsorship who do I contact?** Send an email to [Event Control](#) who help with all questions you may have

## Reminder Your Health is Most Important

Challenges of this nature must be taken seriously

Hydrate – Keep Cool – Fuel (Before-During-After)

**And if you think you are feeling unwell STOP immediately**

[FRR Website](#)  
[Email: Event Control](#)

[Fund Donation](#)  
[FRR Club Shop](#)

[Cyclists Fighting Cancer](#)  
[Bodie Hodges Foundation](#)