

Virtual HIKING SERIES

Health Promotion Diabetes Prevention



Open to the following Communities:

(Tuba City, Cameron, Gap/Bodaway, LeChee, Coppermine, Kaibeto, Tonalea, Rocky Ridge, Coalmine, Moencopi)

Begins November 9th

Deadline to Register: November 27th

Ends December 19th

How to get Started:

1. Email JMIregistration@tchealth.org to complete registration process.
 - Title Email: Hiking Series Registration
 - In email indicate: Name, gender, DOB, community you currently live in, shirt size, contact number, mailing address & STRAVA account name if already a member.
 - Parent/guardian can register their child(ren) (17yo & Under)
2. If already a STRAVA member request to join the "TC Virtual Hiking Series" and send HPDP your STRAVA name for the invite.
 - STRAVA is a free app, no fee required.

**Practice social distancing with community members,
Stay Active, Stay Hydrated & Stay Safe.**

HPDP shall not be held responsible for bodily injury, theft or damages incurred during the hiking series. Participants are responsible for their own transportation and/or any parking/park fees.

For More Information Contact HPDP at 928-283-1420 ext. 20702

2020 Virtual Hiking Series

Information Sheet



Registration Process:

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Eligible to Only Current TCRHCC Service Area Residents (Tuba City, Cameron, Gap/Bodaway, LeChee, Coppermine, Kaibeto, Tonalea, Rocky Ridge, Coalmine, & Moencopi)

How this works:

1. Begins: November 9, 2020
Ends: December 19, 2020
2. Each participant will complete two hikes at a total of 4-miles each.
 - a. To verify Participant mileage, log into the STRAVA App to track participants hike.
 - b. STRAVA has the option to record your miles during the hike or to enter a manual activity with a picture of hike.
 - c. In order to receive incentive, two hikes must be completed.
2. Once two hikes have been completed, email JMIregistration@tchealth.org to verify completion of hikes.

How do I track my mileage using STRAVA?

1. Turn on Location on Smart phone.
2. Open STRAVA Application.
3. Each participant registered, should be able to view their own profile.
4. Press on icon “Fee” (Home image) at the bottom of screen.
5. Below are some icons, press “Record”
6. Once the “GPS required signal” is complete, press “START” and get moving.
7. When participant hike is complete, press “STOP” then “FINISH”.

- “Title your Run” the Hike you complete (ei: Fat Mans Loop with husband/wife, child 1, child 2.....)
 - Under “Add description” include spouse and kids name who participated if they do not have access to STRAVA.
8. Press “Save” at top right corner of screen.
 9. Other Option: STRAVA has the “Manual Activity” option to manually enter your hike if reception is weak in hiking location. Ask HPDP team for more information.

How will I receive my Hiking Series Incentive(s)?

1. Once two hikes are complete, email JMIregistration@tchealth.org to have hikes verified with HPDP staff member, then incentive(s) will be mailed out.
2. Incentives will be mailed upon completion of hikes.
 - a. The last day to complete two Hikes is November 29, 2020.

Reminder: Trial and error may occur, but all efforts will be made to limit mistakes. The HPDP Staff will do their best to make the 2020 VIRTUAL HIKING SERIES, the best experience possible especially during a time like this. Remember, this is a family event, this program is designed to increase physical activity among youth and their family members and promote a healthy active lifestyle

For More Information regarding the Virtual Hiking Series, Contact Gwendelyn Tallman at HPDP Fitness Center at 928-283-1420 ext. 20702 or email Gwendelyn.Tallman@tchealth.org.