2020 NVGAG VIRTUAL FITNESS CHALLENGE!

My Virtual Mission virtual fitness challenge platform – Sign-up Information

My Virtual Mission is a virtual fitness challenge platform that will get you moving more and striving to work towards your “Fitness for Life” goals. The NVGAG National Office has created a virtual mission, which is a long-distance pathway going from the Department of Veterans Affairs Central Office building in Washington, D.C. to the William S. Middleton Memorial Veterans Hospital in Madison, WI.

Each time you exercise, you will advance along the pathway from the start towards the finish line.

Distances can be posted to the mission via the STRAVA fitness app/tracker. You MUST connect your fitness tracker to STRAVA FIRST for your exercises to record towards your mission progress. Note: Fitness app/trackers other than STRAVA are NOT guaranteed to report exercise activities and distances accurately.

***To be eligible to participate you must be an NVGAG COACH or VETERAN 55 years of age or older and receive medical care from the Department of Veterans Affairs. Please ensure you are medically able and in good health to participate in the activities outlined by this virtual event.

In this guide (please read completely):

1. Information about your mission
2. How to join the mission
3. How to participate in the mission
4. Information about the leaderboard
5. Information about the map
6. How to access help and support
MISSION INFORMATION

Link to Mission page: 2020 NVGAG Virtual Fitness Challenge

Mission Code: 2020NVGAG

Start date: Tuesday, May 26, 2020

Completion date: Friday, June 26, 2020

Types of exercise allowed: Walking (indoor and outdoor), Running (indoor and outdoor), Cycling (indoor and outdoor), Swimming, Rowing, Elliptical, and Wheelchair Exercises.

GRAND PRIZES: EARLY REGISTRATION FOR THE 2021 NVGAG!!! This early registration access, and a championship award, will be awarded to the top three (3) male and female overall finishers on June 29th on Sports4Vets Facebook Live at 6:00pm EST!
HOW TO JOIN THE MISSION

1. Visit the mission page by EITHER:
   a. Clicking the link above; OR
   b. Download the “My Virtual Mission” mobile app on Apple or Google stores.

2. On the mission page, click the green “Join” button.

3. If you are part of a VA NVGAG team, you can join straight into your team. Please contact your coach(es) directly if you are unsure of your team name. If you do NOT compete with a VA NVGAG team, then you can join as an individual.

4. Enter the Mission Code “2020NVGAG” and continue to register your account.

5. After you join, you will be prompted to the sign-up page to enter your name, email address and create a password. Your welcome page will then appear.
HOW TO PARTICIPATE

- The mission will be in an un-launched state when you join it, meaning you can’t yet post distances to it until the official launch date of May 26, 2020.

- Before the mission is launched is a good time to set-up connections to the STRAVA fitness app so that you are all ready to go once the mission is launched. While there are other fitness apps, STRAVA is the only app that will guarantee your exercise activities and distances are recorded accurately and timely.

- The STRAVA fitness app, once connected to My Virtual Fitness, will automatically post distances towards your mission. No manual entries allowed.

THE LEADERBOARD

The leaderboard is very dynamic. Here are some things you can do with it:

- You can view the leaderboard to show weekly, monthly and “All time” stats.
- If you are in a team, you can click the “+” icon below the team name to expand the view and show the individuals within the team.
- You can set the leaderboard to show individuals or teams or everyone.
- You can filter the leaderboard to only include specific exercise types. For example, you might want to see your ranking on the leaderboard based on “walking” distances only. This eliminates other distances, such as cycling, from the leaderboard results.
MAP AND STREET VIEW

The map shows your progress along the mission path, from Anchorage to Madison.

Each time your fitness tracking device posts a distance, your marker will move along the pathway by that amount (in miles).

You can zoom in and view the Street View to checkout your current virtual surrounds.
Support

My Virtual Mission has a comprehensive knowledge base which should be your first port of call if you require support. This can be accessed via the web at http://help.myvirtualmission.com

You can also access it via the My Virtual Mission mobile app via the Main Menu, then “Support”.

If you are doing this from the web, please make sure you are logged in first so we can assist you best.