



Strava Challenge



What is it?

Every so often we will create a Can But Tri Strava Segment or use an existing segment so you can challenge yourself over that route or short section of road/trail.

We will highlight the segment on our Strava Virtual Events Page that will have a leader boards for that segments.

What's the current Segment challenge?

It's an 11km bike loop of both New and Old Buckenham:
<https://www.strava.com/segments/23289037>

How do I take part?

You need to have a Strava account and join our Can But Tri Virtual Events Strava Club (it's free), complete the particular segment/route and then upload it your profile. Your effort should then appear in our leader boards.

Is it a race?

No – it's just a personal challenge where you compare your own efforts on different occasions or see how you shape up against others.

Does it cost anything?

Nope!

Is there anything else I need to know?

- Please ride/run safely and don't take any unnecessary risks.
- Please follow current Government guidelines in relation to covid-19
- You take part in this activity entirely at your own risk
- Have fun out there!

Who to contact if I have any questions?

If you have any questions please let us know - info@canbuttri.co.uk

Iain & Jill Dawson

Can But Tri Events