

# **ADOBE INDIA PEDALERS**

## **FAQs guide for 4 weeks Virtual Cycling Challenge 4.0 (Earth Month 2026)**

### **Q1. What is Earth Month and why Adobe's cycling community is taking part in it?**

Adobe celebrates Earth Month every year to promote sustainability and environmental responsibility. From reducing waste and conserving energy to choosing greener modes of transport, every small action makes a difference.

The AIP Cycling Community is proud to support this initiative by encouraging cycling as a healthier and eco-friendly lifestyle choice. By choosing bicycles, we contribute to reducing carbon footprint while promoting personal fitness and well-being.

*The AIP team extends its heartfelt thanks to all participants for joining this challenge and taking meaningful steps toward making cycling a way of life.*

### **Q2. What are the available categories in this challenge?**

There are 3 categories and all are free to choose any one based on their choice and comfort.

- A. Amateur (100 km) – Beginner level
- B. Master (350 km) – Intermediate level
- C. Elite (700 km) – Advanced level

Please note: Once category is selected in the registration form, it can't be changed later.

### **Q3. What are the rules for being a Finisher?**

To be a Finisher, you must complete the total required distance of your category by following all rules and regulations.

### **Q4. Is this event a race or a competition?**

This is neither a race nor a competition, so have fun and enjoy this challenge.

### **Q5. Will Adobe provide rental bicycles or reimburse the cost?**

Adobe will NOT provide any rental bicycles and will NOT reimburse any rental costs.

### **Q6. What is the Minimum Distance required for eligible ride?**

**5 km** is the minimum ride distance required. If there is any ride <5 km then it will NOT be accepted.

**Q7. What is Minimum Moving Time required for a ride?**

This year we have introduced a new rule to ensure riders are not taking long breaks during rides. Your **moving time must be at least 75% of your total ride time (Elapsed time)**.

- Elapsed time: entire duration from start to finish.
- Moving time: your actual ride time.

**Rule: Moving time  $\geq$  75%  $\times$  Total elapsed time**

Ride Sample 1	Ride Sample 2
Elapsed time: 3 hrs. 47 minutes Moving Time: 2 hrs. 6 minutes	Elapsed time: 2 hrs. 45 minutes Moving Time: 2 hrs. 22 minutes
<b>Total Elapsed Time</b> 3 hours 47 minutes = (3 $\times$ 60) + 47 = <b>227 minutes</b>	<b>Total Elapsed Time</b> 2 hours 22 minutes = (2 $\times$ 60) + 45 = <b>165 minutes</b>
<b>Actual Moving Time</b> 2 hours 6 minutes = (2 $\times$ 60) + 6 = <b>126 minutes</b>	<b>Moving Time</b> 2 hours 22 minutes = (2 $\times$ 60) + 22 = <b>142 minutes</b>
Minimum Req'd. Moving Time 0.75 $\times$ 227 = <b>170.25 minutes</b>	Minimum Req'd. Moving Time 0.75 $\times$ 225 = <b>123.75 minutes</b>
Actual moving time = <b>126 minutes</b> Required moving time = <b>170 minutes</b> <b>✗</b> Not acceptable. Rider took long or many breaks.	Actual moving time = <b>142 minutes</b> Required moving time = <b>123 minutes</b> <b>✓</b> Acceptable. Rider took short or few breaks.

In general: if your actual moving time is less than minimum moving time, the ride will not be accepted.

**Please note:** Apps like **Strava or Garmin** automatically show both total time and moving time so please check before submitting your ride.

**Q8. What are the Mandatory rides?**

To break the mental barriers, we have kept Mandatory rides in the Master and Elite categories only. There are no mandatory rides for Amateur. These rides must be finished to complete the challenge. One mandatory ride is allowed in a day.

Master category: 2 rides x 50 km each or  
Elite category: 2 rides x 100 km each

**Q9. Can I go for multiple rides in a day?**

Yes. You can.

For example, if anyone completes 3 separate rides of distance 30km, 15km and 4km in single day then valid rides are 30 KM + 15 KM = 45 KM only. 4 km ride will NOT be accepted.

#### **Q10. What is auto-upgrade rule to next category?**

Auto-upgrade means you can move to a higher category **if you complete the required distance** — but this is completely **optional**.

If you finish the distance of your registered category and want to push yourself further, you are free to do so. However, you will be upgraded **only if you follow all the rules of that higher category**. If not, you will remain in your original category.

#### **Example:**

If you register as Amateur (100 km) and complete 350 km, you have reached the distance of the Master category. But to officially move to Master, you must also complete the required rule - such as two mandatory rides of 50 km each.

If those conditions are not met, you will remain in the Amateur category with the distance of 350 KM.

#### **Q11. Is there any option to downgrade to below category?**

Downgrade from higher category to lower category is NOT allowed.

#### **Q12. Can I use indoor trainer to record rides?**

Yes, you can but your **indoor trainer must be synced** with a fitness app that ensure automatically **uploads ride data to Strava**.

#### **Q13. What is Strava app?**

Strava is a GPS-enabled fitness app used to track activities like cycling, running, swimming, and more. It's free to use and available on the Google Play Store / Apple App Store. You can download it to record your rides.

How to record a ride:

- A. Open Strava
- B. Tap on "Record" and make sure "Ride" option is selected.
- C. Go to settings and keep the "Auto-Pause" option ON. If this is enabled, then your ride will be paused automatically when you take any break.
- D. Tap on "Start" and go for a safe ride.
- E. Once you complete, tap on "Finish" and save.
- F. Go to your profiles and see your activities.

#### **Q14. Who is Dare2Gear (D2G)?**

D2G is a platform that organizes fitness related in-person / virtual events worldwide. Its fitness dashboard gives you easy access to your activity data, helping you track daily progress and view detailed reports until the challenge is live.

You can check the dashboard and leaderboard, see rankings by location and gender, track completed vs remaining kilometers, and monitor mandatory rides completed vs pending. On completing each level, you'll earn a virtual badge.

**Q15. How will I get my D2G account details?**

The D2G team, in collaboration with the AIP team, manages account creation. After you register, the cycling community will share your details with D2G, and you will receive an email with your login credentials before the start of the challenge.

**Q16. How can I connect my Strava account with D2G portal?**

Once you login to the D2G portal, go to profile section and Sync your fitness app i.e. Strava/Garmin.

**Q17. How long does it take for my activity to sync in D2G dashboard?**

Usually, syncing takes 10–15 minutes and may happen immediately after finishing your ride. During peak times (weekend mornings/evenings), it may take 30–45 minutes.

**Q18. How do I contact the D2G support team for user-account or ride issues?**

Write an email to [info@dare2gear.com](mailto:info@dare2gear.com). They will resolve within 24 hrs.

**Other Rules and Regulations**

- The AIP Core Team reserves the right to review and validate any unrealistic rides and may disqualify entries if required.
- Minimum ride distance: Please refer to Q6.
- Minimum moving time: Please refer to Q7.
- Shared or tagged rides are NOT allowed.
- Manual ride entries are NOT allowed.
- Downgrading to a lower category is NOT allowed.
- All rides must be uploaded and shared on Strava within 24 hours of completion.