



Harpenden Arrows 2017 Challenges

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Summary

New for 2017, Club Challenges. The Challenges are open to all members and runs throughout the year. Race against your peers and against yourself. You can run any challenge as many times as you like through the year (even as many times per day). What will count is your best performance on any given challenge for 2017.

Objective

To provide a competitive set of challenge races where members can compete against themselves and their fellow club members. Help members develop at hills and sprint running. Challenges are easily accessible in Harpenden. The process of recording individual performance will be self-managing.

The Challenges

Total of 5 challenges, 2 hills, 2 sprints and 1 a real test:-

- 1) [The Treasurer's Taxing Challenge](#)
- 2) [The Ladies Captain's Rothamsted Challenge](#)
- 3) [The Men's Captain's Sprint Challenge](#)
- 4) [The Nickey Line Challenge](#)
- 5) [The Chairman's Challenge](#)

Competing in a challenge

Any member can take part in any challenge at any time throughout the year. Follow the instructions below. To have your time included in the results, you will need a [Strava.Com](#) account. Strava accounts are free ([see details below](#)).

Results

The official results will be published along with the Club League. This will include results that are averaged across legs and will be split between gender and division (Crossbow or Longbow) so members will have a true reflection of their performance against their peers.

Challenges Summary

Challenge name	Which is made up of the following Strava Segments	Optional Rest
The Treasurer's Taxing Challenge	HARC Treasurer's Taxing Challenge	
The Ladies Captain's Rothamsted Challenge	HARC Ladies Captain's Rothamsted Challenge	
The Men's Captain's Sprint Challenge	Out HARC Men's Captains Sprint Challenge (Westfield to Thrales) Back HARC Men's Captains Sprint Challenge (Thrales to Westfield)	90 or 120 Seconds
The Nickey Line Challenge	Out HARC Nickey Line Sprint (Steps to Platform) Back HARC Nickey Line Sprint (Platform to Steps)	90 or 120 Seconds
The Chairman's Challenge	All of the above challenges run in one day	



The Challenges Overview

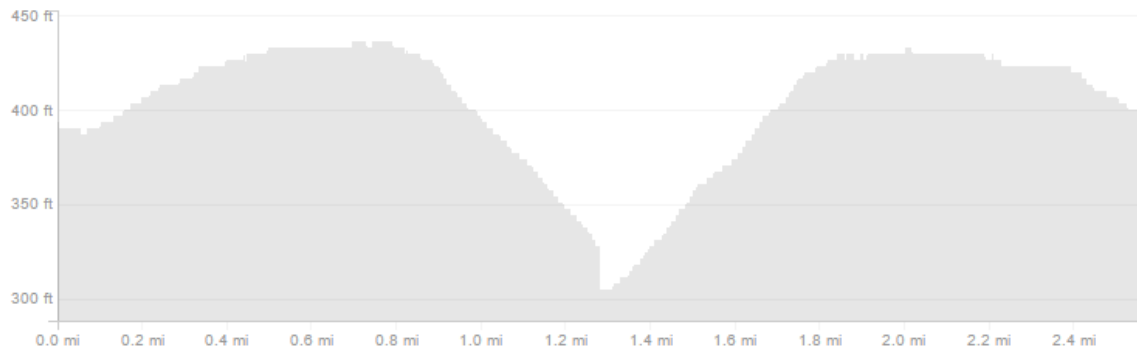
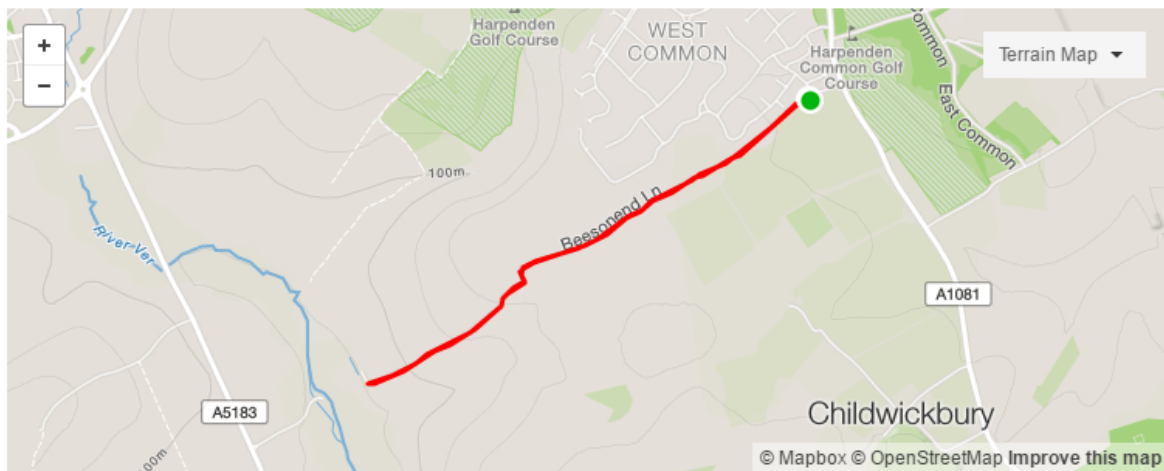
The Treasurer's Taxing Challenge

Louisa said she liked running up Beesonend Lane! So we created this, an “out and back” challenge or should we say “down and up”. For this challenge starts at the top of Beesonend Lane, you run down and then back up to the top, in one effort, no resting or walking! Your best time for this challenge is what counts but do run it many times to improve your hills performance.

★ HARC Treasurer's Taxing Challenge

Run Segment Saint Albans, England, United Kingdom

2.5mi **0%** **305ft** **436ft** **131ft**
Distance Avg Grade Lowest Elev Highest Elev Elev Difference 1 Attempt By 1 Person



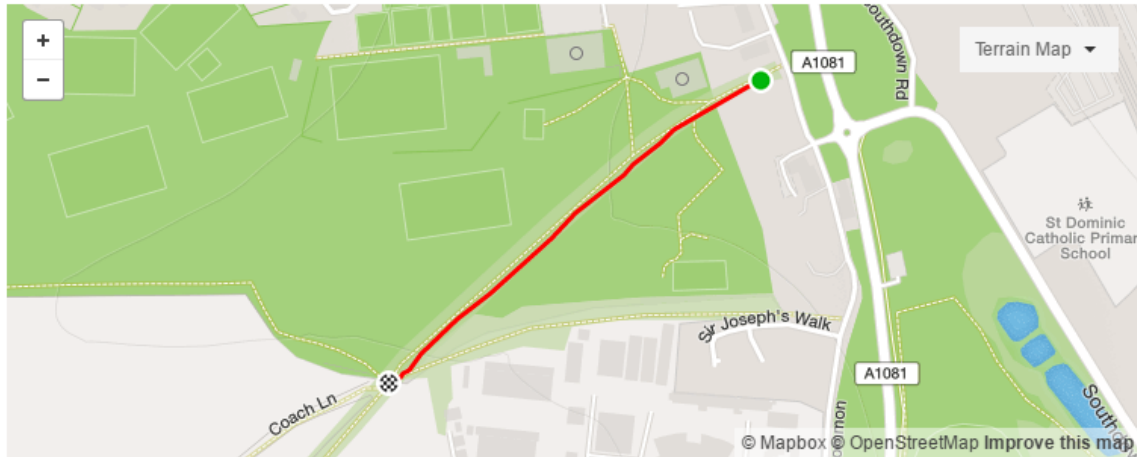
The Ladies Captain's Rothamsted Challenge

In celebration of her new role as Ladies Captain, Jillian has thrown down the gauntlet with her Rothamsted Challenge. Starting at the steel gate adjacent to the Sports Centre, run up to the steel gate at the top of the Avenue. 46 feet of climb, 4% grade, what's not to like?

★ HARC Ladies Captain's Rothamsted Challenge ⁸

Run Segment Harpenden, England, United Kingdom

0.2mi	4%	358ft	413ft	56ft	
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	3 Attempts By 1 Person





The Men's Captain's Sprint Challenge

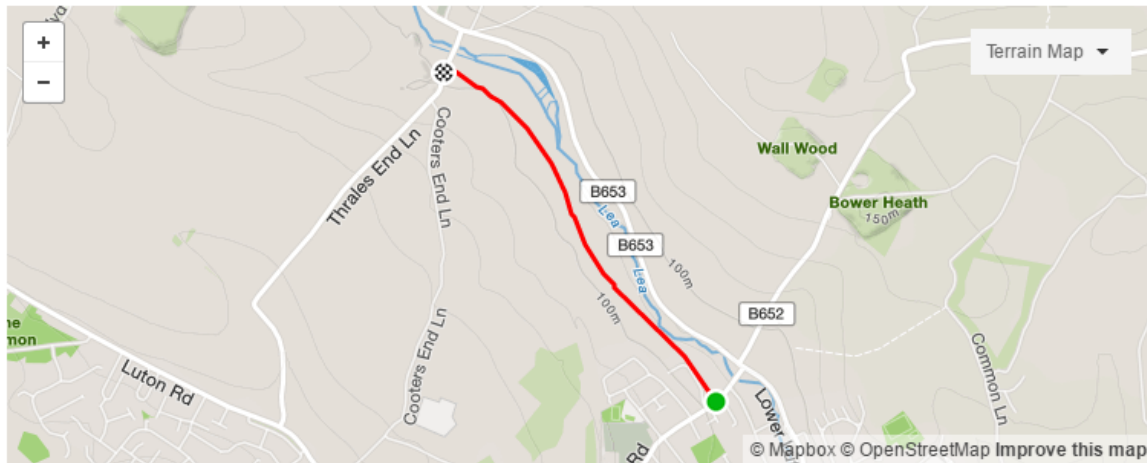
Not wishing to be left out, Simon created this "out and back" challenge with an optional recovery period at the turn round point. Starting at the Westfield Road end of the Swan Valley walk, sprint to the steel gate at Thrales End Lane.

For Longbow runners you have a 90 second recovery period. Crossbows you have a 120 second recovery period. Your result will be calculated as the mean time for both legs of the challenge (excluding any recovery time).

★ HARC Men's Captain's Sprint Challenge (Westfield to Thrales)

Run Segment Harpenden, England, United Kingdom

1.0mi 0% 312ft 348ft 36ft
Distance Avg Grade Lowest Elev Highest Elev Elev Difference 3,055 Attempts By 413 People

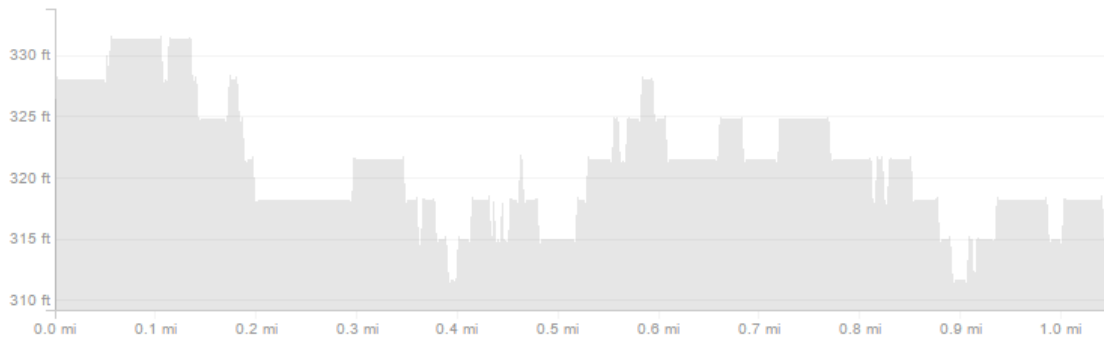
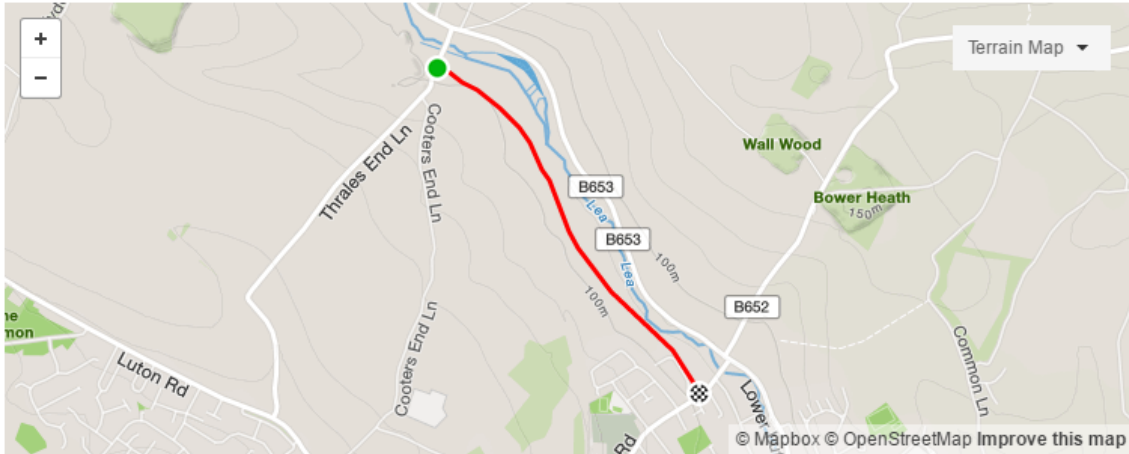




★ HARC Men's Captain's Sprint Challenge (Thrales to Westfield)

Run Segment Luton, England, United Kingdom

1.0mi 0% 312ft 331ft 20ft
Distance Avg Grade Lowest Elev Highest Elev Elev Difference 3,236 Attempts By 434 People





The Nickey Line Sprint

Many of you will have run this challenge as part of the Arrows Summer 5K, however never like this...

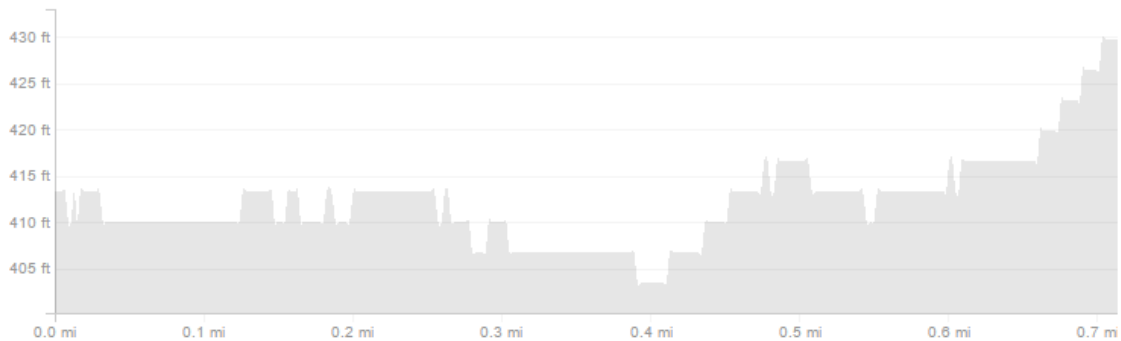
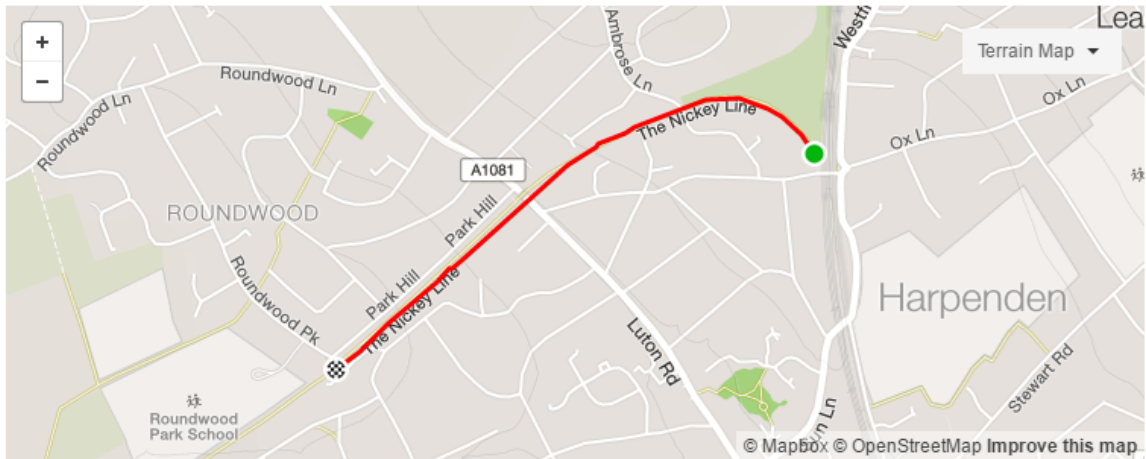
Starting at the dog waste bin at the bottom of the steps at Hollybush end of the Nickey Line, run to the bollards just in front of the Platform at the top of Park Hill.

An optional recovery period before returning, Longbow runners you have a 90 second recovery period. Crossbows you have a 120 second recovery period. Your result will be calculated as the mean time for both legs of the challenge (excluding any recovery time).

★ HARC Nickey Line Sprint (Steps to Platform)

Run Segment Harpenden, England, United Kingdom

0.7mi 0% 404ft 430ft 26ft
Distance Avg Grade Lowest Elev Highest Elev Elev Difference 52 Attempts By 1 Person

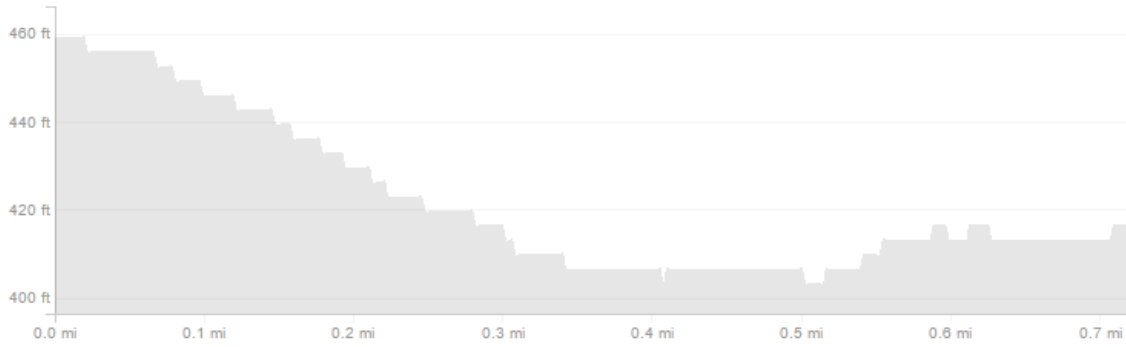
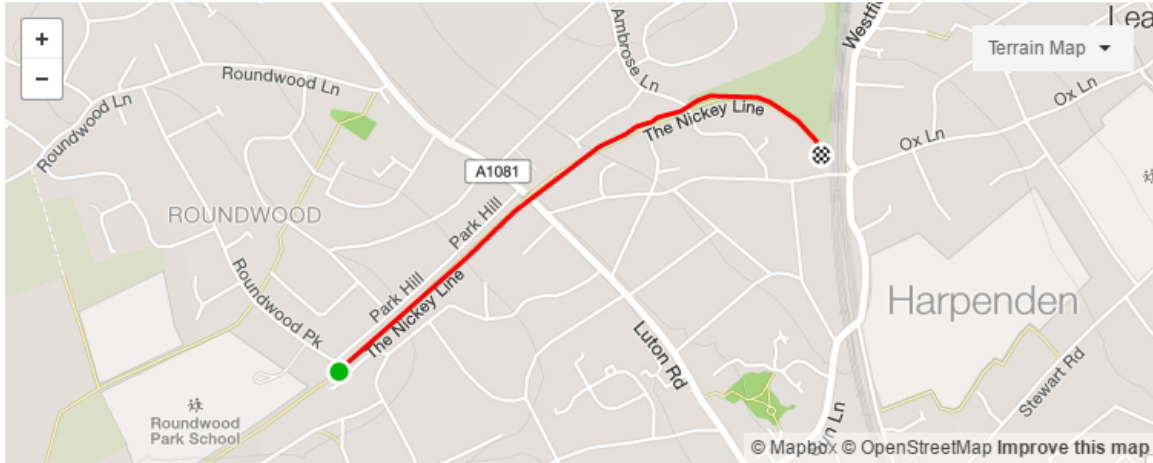




★ HARC Nickey Line Sprint (Platform to Steps) 6

Run Segment Harpenden, England, United Kingdom

0.7mi -1% 404ft 459ft 56ft
Distance Avg Grade Lowest Elev Highest Elev Elev Difference 22 Attempts By 1 Person





The Chairman's Challenge

Colin thought this was a great idea! Complete:-



[The Treasurers Taxing Challenge](#), [The Ladies Captains Rothamsted Challenge](#), [The Men's Captains Sprint Challenge](#) and [The Nickey Line Challenge](#) in one day!



In any sequence you like. The sum time of each challenge time will be used to rank you. You can run the Challenges in any sequence, but here's a route starting and finishing at St George's <https://www.Strava.Com/routes/6900609>.



The challenges routes, rules and scoring



The challenges have been carefully selected to be challenging to all levels of runners.

All challenge results will be published with the HARC League and will have separate results for gender and division (Crossbow/Longbow).

Challenge Description Table	
Title	The Treasurers Taxing Challenge
Type	Hill sprint – down and up.
Distance	Average 2.5 miles
Description	Starting at the top of Beesonend Lane at the junction of Burywick, just by the national speed limit post, run down the hill to the bottom and return back to the start.
Scoring	Your best time for this challenge
Rules	Run down and the up in a single effort
Strava Segment name	HARC Treasurer’s Taxing Challenge
Strava Uri	https://www.Strava.Com/segments/13517032
	  <p>Start and end point by the national speed limit post</p> <p>Turn around point just by the Ver Valley track and the bottom of the hill.</p>

Title	The Ladies Captains Rothamsted Challenge	
Type	Hill sprint – one way only, up!	
Distance	Average 0.2 mile	
Description	Starting at the green access gate adjacent to the sports centre, run up the avenue to the steel gate at the top	
Scoring	Your best time for this challenge	
Rules	Run up the hill in a single effort	
Strava Segment name	HARC Ladies Captain's Rothamsted Challenge	
Strava Uri	https://www.strava.com/segments/14011932	
	 <p data-bbox="370 1149 829 1200">Start at the steel gate post</p>	 <p data-bbox="858 1077 1407 1200">Finish at the steel gate</p>

Title	The Men's Captains Sprint Challenge	
Type	Sprint – out and back	
Distance	Average 2 miles	
Description	Starting at the Westfield end of the Swan Valley Walk, run to the steel gate at Thrales End Lane. Return to Westfield Road	
Scoring	The sum of both efforts (out and back) will be averaged.	
Rules	<ol style="list-style-type: none"> 1) Run from Westfield to Thrales 2) Longbows 90 seconds recovery between legs, Crossbows 120 seconds. 3) The sum of your two run times will be averaged and used for the results. 	
Strava Segment name	<ol style="list-style-type: none"> 1) HARC Men's Captains Sprint Challenge (Westfield to Thrales) 2) HARC Men's Captains Sprint Challenge (Thrales to Westfield) 	
Strava Uri	<ol style="list-style-type: none"> 1) https://www.strava.com/segments/14000427 2) https://www.strava.com/segments/14000430 	
	 <p>Start and finish at the bollards</p>	 <p>Turn round point Thrales End Lane.</p>

Title	The Nickey line Challenge	
Type	Sprint – out and back	
Distance	Average 1.4 miles	
Description	Starting at the bottom of the steps at the railway (Hollybush Lane) end of the Nickey line adjacent to the dog waste receptacle, run to the Park Hill/Platform crossing, stopping at the bollards. Then return leg is back to the start point.	
Scoring	The sum of both efforts (out and back) will be averaged.	
Rules	<ol style="list-style-type: none"> 1) Run from Steps to Platform 2) Longbows 90 seconds recovery between legs, Crossbows 120 seconds. 3) The sum of your two run times will be averaged and used for the results. 	
Strava Segment name	<ul style="list-style-type: none"> • HARC Nickey Line Sprint (Steps to Platform) • HARC Nickey Line Sprint (Platform to Steps) 	
Strava Url	<ol style="list-style-type: none"> 1) https://www.strava.com/segments/13994562 2) https://www.strava.com/segments/14000417 	
	 The start	 Finish at the bollards



Challenge management

Because each of our watches reports different distances, challenges are between two fixed objects or markers, all distances are approximate. To provide a unified platform where all GPS data is treated the same regardless of device brand, [Strava.Com](https://www.strava.com) will be utilised for recording performance data.

[Strava.Com](https://www.strava.com) is a GPS agnostic sports activity tracking website that has many features (too many to detail here) of which the Clubs and Segments features will enable tracking of your performance and relative position in the Challenge.

Membership of [Strava.Com](https://www.strava.com) is **free** and once you have signed up, connected your watch (Garmin, Sunnto etc) and joined our club (<https://www.Strava.Com/clubs/harpendenarrows>) every time you run a challenge, your results will be recorded and tallied.

You may also use the Strava Android or iOS apps to record your performance.

Please note that only Strava results will be used for consistency and fairness. On occasions, the interface between Strava.com and your watch (Garmin, Sunnto etc) may become defective and erroneous results published. Should this occur, and while it is being rectified, you may manually upload your race data.

HARC Challenge equals Strava Segments

Strava segments are defined intervals (distance, route, trial or piece of road/trail) with which Strava automatically extracts from your performance data, information about your performance over that interval is allocated to that Segment with results tables automatically maintained. Each runner can see their results relative to others in the club from the segment performance tables. These results are displayed as part of a member's activities (runs) or viewed from the "My Segments" feature accessed from "My Dashboard".

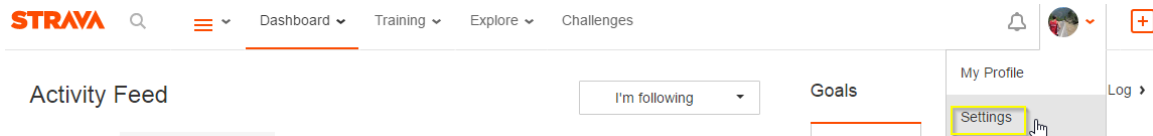
For our purpose, for each HARC Challenge has a corresponding Strava segment defined. For out and back type challenges where there is an optional rest, there are two segments per challenge. For challenges with no rest option there is only one segment.

See [below](#) detailed information on how to use Strava for Club Challenges.

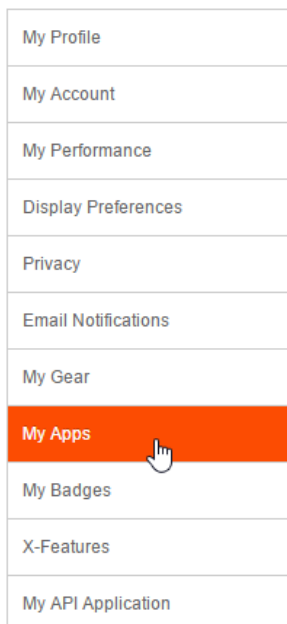
Using Strava for Club Challenges

Follow these steps to use Strava:-

1. Create an account at <https://www.Strava.Com> – this is free for the basic account which is enough to participate in the challenges. Please ensure your profile and activities are public.
2. Connect your Strava to your running watch website. From your Strava Profile:-



Select Settings and then my Apps



Select the service you require (Garmin, Sunnto Jawbone, MyfitnessPal) other brands are supported, see <https://support.Strava.Com/hc/en-us/sections/203773957-Uploading-to-Strava>

3. Join the Harpenden Arrows Running Club using this Uri <https://www.Strava.Com/clubs/harpendenarrows>
4. You can optionally add the Challenge segments to your “My Segments” page by clicking the little star icon beside the segment title ie :-

 **HARC Ladies Captain's Rothamsted Challenge**
Run Segment Harpenden, England, United Kingdom
 0.2mi 4% 358ft 413ft 56ft
 Distance Avg Grade Lowest Elev Highest Elev Elev Difference 3 Attempts By 1 Person

Challenge segments Url are listed above in the Challenge Description Table.



5. By default, Strava displays “Activity Feed” where your runs will appear by selecting the “My Activities” from the drop down box top right hand corner:-

