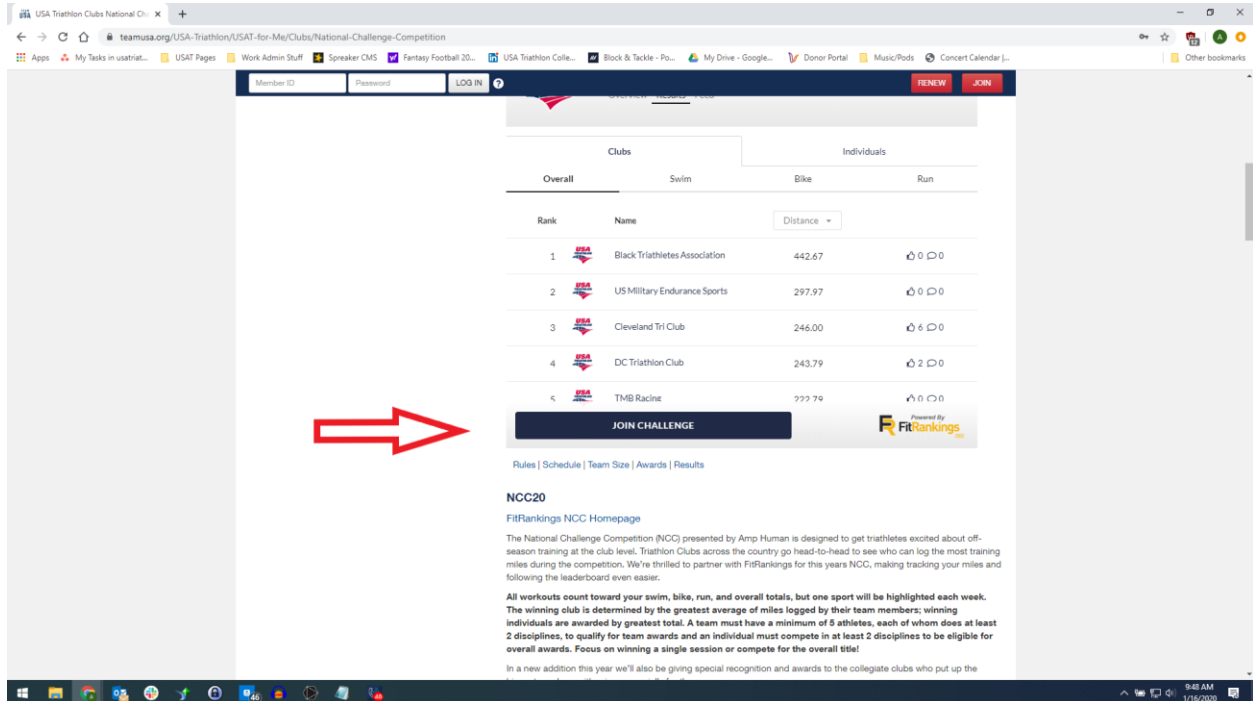


How to sign up for NCC20:

Step 1:

Go to <https://www.teamusa.org/USA-Triathlon/USAT-for-Me/Clubs/National-Challenge-Competition>

Scroll to the FitRankings widget near the top of the page, Click on the “Join Challenge” button

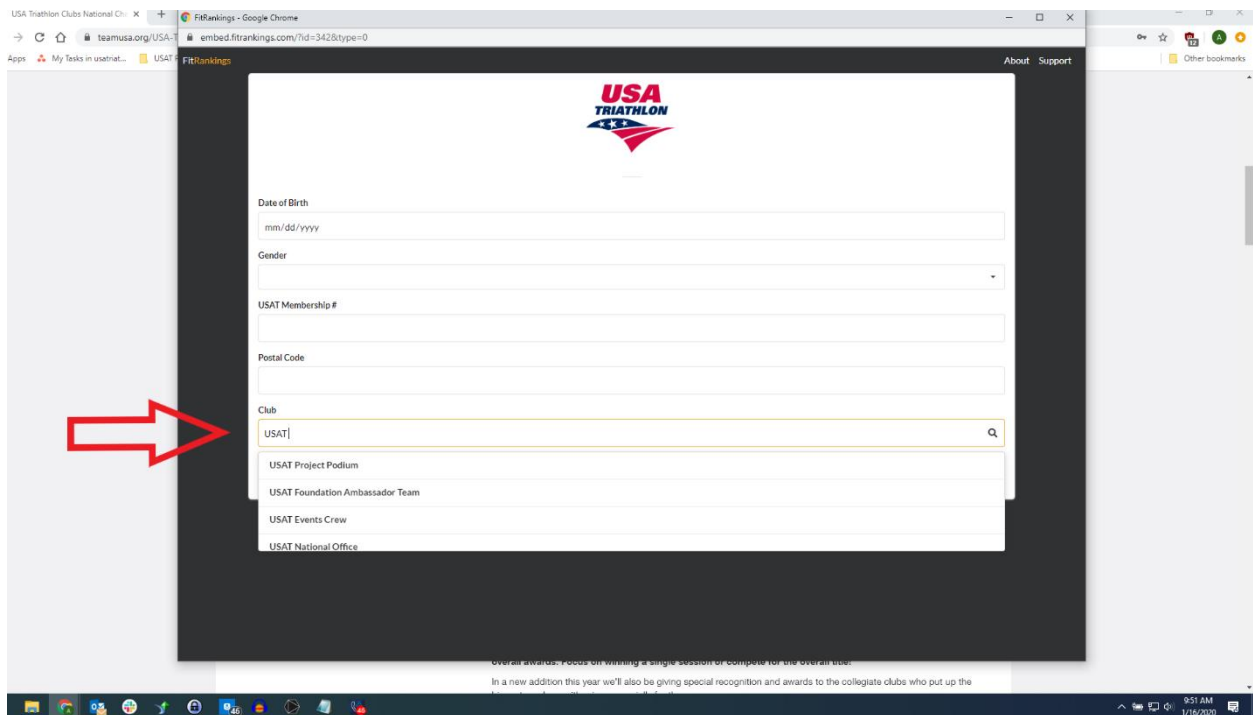


The screenshot shows the USA Triathlon National Challenge Competition website. At the top, there is a navigation bar with a 'LOG IN' button and 'RENEW' and 'JOIN' buttons. Below the navigation bar, there are tabs for 'Clubs' and 'Individuals'. Under the 'Clubs' tab, there are sub-tabs for 'Overall', 'Swim', 'Bike', and 'Run'. A table displays the overall rankings for clubs, with a 'Distance' dropdown menu. A red arrow points to a 'JOIN CHALLENGE' button located below the table. Below the button, there are links for 'Rules | Schedule | Team Size | Awards | Results'. The page also features a section titled 'NCC20' with a 'FitRankings NCC Homepage' link and a paragraph of text describing the competition. The text states: 'The National Challenge Competition (NCC) presented by Amp Human is designed to get triathletes excited about off-season training at the club level. Triathlon Clubs across the country go head-to-head to see who can log the most training miles during the competition. We're thrilled to partner with FitRankings for this year's NCC, making tracking your miles and following the leaderboard even easier. All workouts count toward your swim, bike, run, and overall totals, but one sport will be highlighted each week. The winning club is determined by the greatest average of miles logged by their team members; winning individuals are awarded by greatest total. A team must have a minimum of 5 athletes, each of whom does at least 2 disciplines, to qualify for team awards and an individual must compete in at least 2 disciplines to be eligible for overall awards. Focus on winning a single session or compete for the overall title! In a new addition this year we'll also be giving special recognition and awards to the collegiate clubs who put up the'.

Rank	Name	Distance	Icons
1	Black Triathletes Association	442.67	0 0 0
2	US Military Endurance Sports	297.97	0 0 0
3	Cleveland Tri Club	246.00	6 0 0
4	DC Triathlon Club	243.79	2 0 0
5	TMB Racine	???	0 0 0

Step 2:

A window will open with the Challenge Registration screen. Enter each field (if you do not have a USAT member number you may leave that blank). Attach yourself to your team by beginning to type in your team's name, the field will begin to auto-populate. **Remember, if you want to compete but are not part of a team, select Team NCC**



The screenshot shows a web browser window displaying the USA Triathlon Challenge Registration form. The form is titled "USA TRIATHLON" and includes the following fields:

- Date of Birth: mmm/dd/yyyy
- Gender: [Dropdown menu]
- USAT Membership #: [Text input]
- Postal Code: [Text input]
- Club: [Dropdown menu]

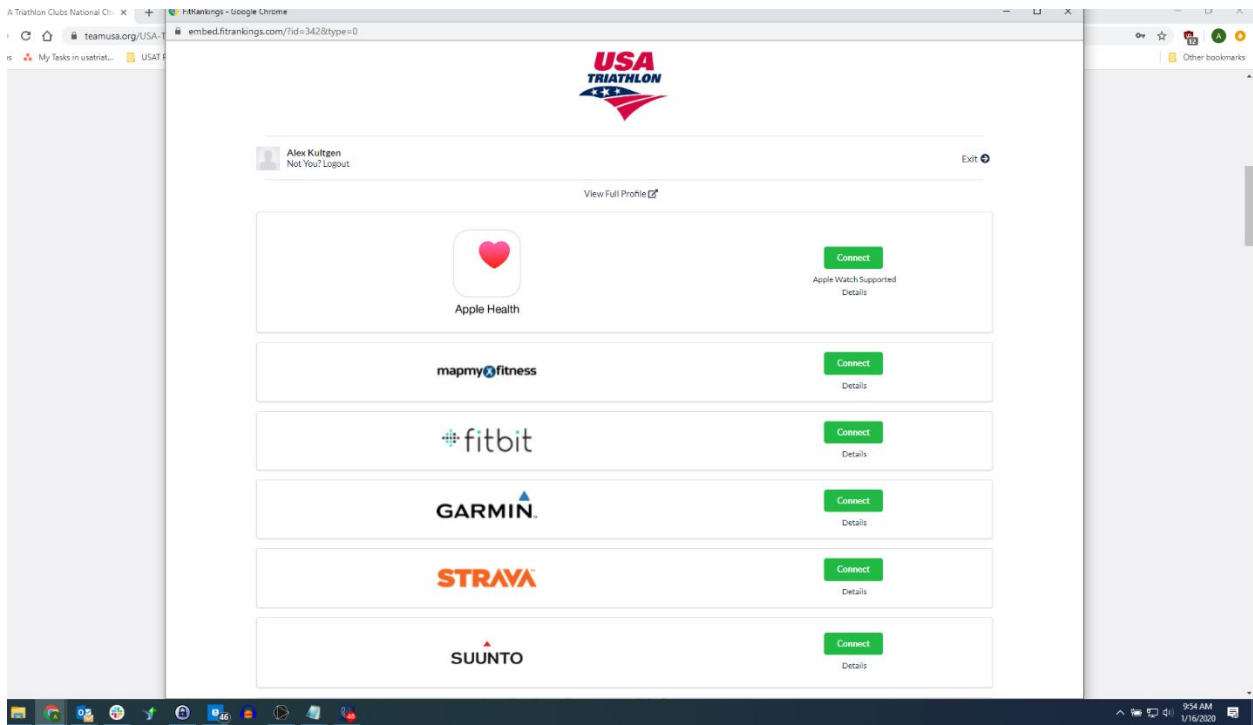
The "Club" dropdown menu is open, showing a search bar with "USAT|" and a list of options:

- USAT Project Podium
- USAT Foundation Ambassador Team
- USAT Events Crew
- USAT National Office

A red arrow points to the "Club" dropdown menu. The browser address bar shows "embed.fitrankings.com/?id=342&type=0". The system tray at the bottom right shows the time as 9:51 AM on 1/16/2020.

Step 3:

Sync the devices you use on this page by selecting the green Connect button.



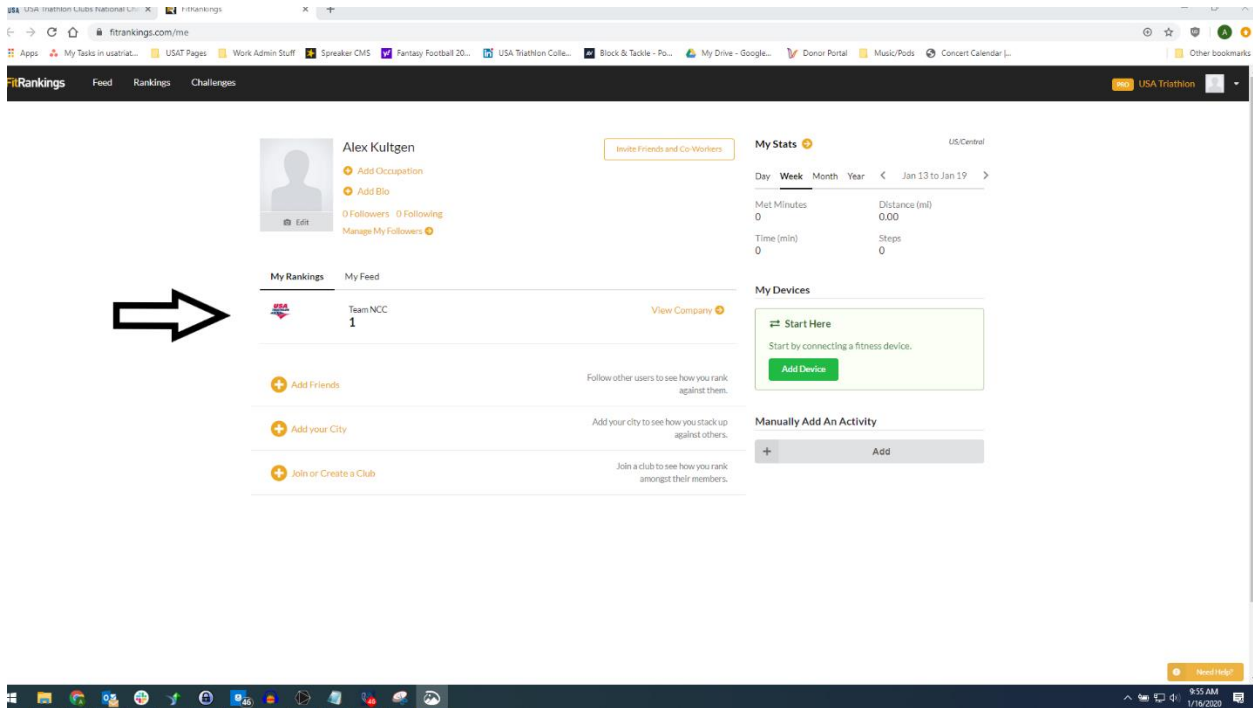
The screenshot shows a web browser window displaying a user profile for Alex Kultzen on the USA Triathlon website. The profile includes a name, a "Not You? Logout" link, and a "View Full Profile" link. Below the profile information, there is a list of six device connection options, each with a logo, a "Connect" button, and a "Details" link:

- Apple Health: Includes a red heart icon and the text "Apple Watch Supported".
- mapmyfitness: Includes the mapmyfitness logo.
- fitbit: Includes the fitbit logo.
- GARMIN: Includes the GARMIN logo.
- STRAVA: Includes the STRAVA logo.
- SUUNTO: Includes the SUUNTO logo.

The browser's address bar shows the URL "embed.fitrankings.com/?id=342&type=0". The system tray at the bottom of the screen shows the time as 9:44 AM on 1/16/2020.

Step 4:

View your FitRankings profile and ensure you are attached to the correct team. The team you are connected to for NCC20 will appear at the top. You're good to go!



The screenshot shows the FitRankings user profile for Alex Kultgen. The profile includes a header with the user's name, a placeholder profile picture, and options to 'Add Occupation', 'Add Bio', and 'Manage My Followers'. Below this is the 'My Rankings' section, which is highlighted by a large black arrow. It shows a single ranking for 'Team NCC 1' with a 'View Company' link. To the right of the profile are sections for 'My Stats' (showing 0 Met Minutes, 0.00 Distance, 0 Time, and 0 Steps), 'My Devices' (with a 'Start Here' button and an 'Add Device' button), and 'Manually Add An Activity' (with an 'Add' button). The browser's address bar shows 'fitrankings.com/me' and the system tray at the bottom indicates the time is 9:55 AM on 1/16/2020.