Virtual Rider Mission Instructions:

Thank you for signing up for the virtual mission with Alabama Rural Ministry and Cycle of Service. Below are the instructions for participating with the mission.

1. You will receive an email inviting you into the mission.

The web site is <https://www.myvirtualmission.com/missions/18484/cycle-of-service-virtual-rider> This site is for those not part of a gym. Lisa Pierce is the group admin.

Health Plus: Group admin is Tom Meagher tommeagher@charter.net <https://www.myvirtualmission.com/missions/18488/cycle-of-service-hp-spinners>

Moore’s Mill: Group admin is Dara Hosey dara@auburn.edu <https://www.myvirtualmission.com/missions/18485/cycle-of-service-mm-spin-class>

Sportsplex: Group admin is Lisa Gallagher lgallagher@opelika-al.gov

<https://www.myvirtualmission.com/missions/18501/cycle-of-service--sports-plex-spinners>

1. Once on the site, click the “join the mission” button. Email the group admin to let him or her know you are wanting to join.
2. You will need to sign up for the Premium Service which is just under $9 for the 6 month service. You will be asked to sign up after 14 days of joining the mission. If you do not do this, it will kick you out of the mission.
3. You can input your miles two ways
4. Use the Myvirtualmissionwebsite
5. Download the free app-myvirtualmission and sign up this way
6. There are four Cycleofservice types of rides so make sure you select the correct gym or the generic ride.
7. Other information:
	* Everybody has to complete the full mission
	* Each member logs their own distance
	* Every time you log a distance your individual position advances along the mission path
	* Each member can see where they are in relation to other members of the group
	* Great for a competitive environment where people can battle it out to reach the finish first
* Does it cost anything to do a group mission?

Being part of a group mission requires a user maintains a My Virtual Mission Premium subscription.