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| **AGING STRONG A platform to help athletes stay in the game. Fair-up incentives & metrics for UPPER AGE GROUPS. Remove barriers. Create Visibility. Celebrate accomplishment.** *We started with cycling but will add running, swimming, etc. specific asks.* **SO please jump in!**  |

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| **PROPOSAL** | **WHERE** | **WHY** |
| **Publish Age-Graded Standings for ALL** Curves already exist with lots of good science behind them:<https://fairmodel.econ.yale.edu/rayfair/pdf/2023b.PDF><https://fairmodel.econ.yale.edu/aging/runoth2.htm><http://www.gsrs.com/agegrading> | EverywhereIncluding all IRL racing (USA Cycling and other) | **Combat Agism for public health*** Help athletes stay active longer – encourage others to jump in. Have more fun!
* People who embrace aging with a positive attitude live, on average, 7 years longer and those years are healthier. (research link)
* World Track & Field age-grading 20+ years
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| Offer **Age Groups for as long as there are athletes** IMAGINABLY in them. | Everywhere | **Zwift Power AGs stop at 60+, Strava at 75+*** Why send that discouraging message?
* It’s bad for business – shrinks the market
* Kudos to USA Cycling for tracking national records as long without limits – [There is a 110+ year AG Tandem record on the books](https://usacycling.org/resources/national-champions-records/national-records)
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| **Age-Graded Podiums for both Women & Men** | Everywhere | **Positive reinforcement for staying in the game**.* Powerful metric
* Helps individuals feel good about their effort
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| **Women & Men’s Podiums for all events** | Zwift | **There are far fewer events for women – so older women are even more discouraged earlier*** No women’s podium ranking in “Men’s or Open” races, in which women are allowed but only ranked against men.
* More reward and choice = more participation.
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| **Award Age Group QOMs and KOMs** | ZwiftStrava | **The data is already there*** Just needs a call out (e.g., sliver bling on Strava)
* Small effort would yield enormous gain
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| **Break AG categories into 5 years over 50**  | Everywhere | **Encourage riders to stay in competition*** 10 years too big a gap
* Age/ability curve gets steeper, not flatter
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| **Use numeric Age Group names not “senior” “vet”, etc.**  | Everywhere | **Eliminate discouraging language** * What is AG 60+ if younger riders are Master/Senior?
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|  **Want to help?** Write me trish@trishkarter.com Join MAILING LIST**VOTE** for AG K/QOM’s on the Strava Community Board [HERE](https://communityhub.strava.com/t5/ideas/age-related-kom-qom-trophies/idi-p/351/page/3)**VOTE** for K/QOM’s and Age-graded Podiums on Zwift Community [HERE](https://forums.zwift.com/t/age-group-podiums-and-kom-qoms/609508) |
| ***Mission*** *Help athletes stay on top of the age-curve – fit and having fun. Carve Back* ***AGIST*** *structures.****Method*** *Fair-up ALL AG incentives. Remove barriers. Create Visibility. Celebrate accomplishment.****Vision*** *A healthier & happier society, lower health care costs, benefits from more wisdom of the Elders.* |