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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> | Everywhere  Including 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 |
| 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) |
| **Age-Graded Podiums for both Women & Men** | Everywhere | **Positive reinforcement for staying in the game**.   * Powerful metric * Helps individuals feel good about their effort |
| **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. |
| **Award Age Group QOMs and KOMs** | Zwift  Strava | **The data is already there**   * Just needs a call out (e.g., sliver bling on Strava) * Small effort would yield enormous gain |
| **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 |
| **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](mailto: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.* |