



FREE Account

STRAVA has a basic free account with services, such as activity tracking, device support and social media options.

PAID Account

Go Premium (SUMMIT Account) unlocks features to bring your training to another level. You may also choose a paid account: Basic user is \$5.00 a month or \$59.99 annually.

How to Activate a STRAVA Account - PHONE

Below are the first steps towards setting up STRAVA on your mobile phone.

Subscribing to Strava's paid program adds the following features to your account:

<u>FEATURES</u>	<u>FREE</u>	<u>SUBSCRIPTION</u>
Activity Recording	✓	✓
Device Support	✓	✓
Social Network	✓	✓
Route Planning		✓
Segment Competition		✓
Training Dashboard		✓
HR & Power Analysis		✓
Advanced Metrics		✓
Goal Setting		✓
Training Log		✓
Compare Efforts		✓
Beacon		✓
Personal Heatmaps		✓
Partner Perks		✓
Premium Support		✓

1. Download the STRAVA application on your phone from your App Store.

Downloading the STRAVA app is easy. Just head to your app store on your mobile phone and type STRAVA into the search bar. Tap the icon shown to the left, then tap install on the next page.

2. Logging into STRAVA

Click on your new STRAVA app icon on your screen and you will be taken to the login screen.

*If you have an account already, sign-in to your account and click go!

If you are signing up for the first time you can sign up with your email or link directly to your Facebook or Twitter account. Or, you can create a new login/password for STRAVA.





How to Activate a STRAVA Account - COMPUTER

Below are the first steps towards setting up STRAVA on your computer.

1. Go to www.strava.com
2. Create an account, login/password or login to an existing account.
3. Start running, walking, riding or activity of your choice.



STRAVA Options

-  **Record Activity:** This is where you set up your devices navigation and begin activities. You will also choose your activity at this time (Bike, Run, Swim, etc.)
-  **Activity Feed:** Where you find information on you and your friends' previous activities.
-  **My Profile:** Info about you - you can change your picture, set your physical condition and do various other bits here.
-  **Segment Explorer:** The STRAVA community can turn especially interesting sections of road or trail into 'segments' which are uploaded to the site. Each one has a ranking of who completed it quickest (best viewed from your laptop).

Recording an Activity

When opening this section, you will be prompted to turn on location services if you haven't done so already. Info on how to do that below:

Turning on Location Services

The app will take you to your phone's settings screen - just swipe location to 'on' (bear in mind this screen may look slightly different between phone models). GPS tracking works even in areas with no mobile phone signal.

Recording a Route in Real Time

- If you want to record a ride, run or walk without a wearable device; open the app on your smart phone to get your location and click the circle at the bottom to begin recording. You can see settings for recording by clicking the icon with three lines and connect the app to Bluetooth devices with the triangle icon.
 - When the app is recording: it shows your speed, distance and time.
 - Be sure to click on the "shoe" icon to see the list of activities you would like to track. You can track multiple different events from running to biking, even windsurfing!
 - The app will show your location and where you've ridden, run or walked. To pause the route, press the square button
 - When you're finished with your activity, click the flag and it will ship it off to your STRAVA profile.
 - The settings options allow you to change brightness, have the app give you audio navigation cues, broadcast the route in real time, or set up Bluetooth devices.
 - How to change the activities name: go to the activity you would like to rename, click the 3 horizontal dots in the upper right corner of the app, a menu will appear, choose "EDIT".
- From here, you can change the name of your activity, write a description of how it went, and even post pictures that you took along your route.