

How to set-up your team on Strava:

Are you the team captain?

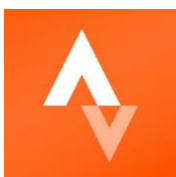
- Download 'Strava' from your operating system's app store, and fill out your details to register.



- When the rest of your team has registered, go into the app and click 'Groups' (the tab at the bottom).
- Under the 'Active' tab, click 'Create A Group Challenge'.
- Click 'Most Activity'
- Click 'Distance'
- Click 'Next'
- Select your team discipline (Walk, Ride, Run)
- Click 'Next'
- Type in the start date (1/6/2024). You cannot set this up more than a month in advance. So, make sure you set up after 1/5/2024.
- You can then enter a team name. This will then set up your team.
- To add your two other teammates, click the + icon. You can search for them on Strava. Tick the boxes and click 'Invite'.
- Your teammates will then accept the invite and you are good to go!

Are you not the team captain?

- Download 'Strava' and fill out your details to register.



- Await a Strava notification from your team captain to say you have been invited to join a group.
- Once you have accepted, you can start your challenge from 1 June 2024.

How to record an activity.

For every walk/run/cycle you complete during June, you will need to log it on Strava.

- When you are about your walk/run/cycle, click the 'Record button' on the bottom of the app.
- The app will recognise where you are, and then at the bottom click the 2nd icon along (it will probably be a shoe)
- From here, you can select 'run', 'walk' or 'ride' depending on which discipline your team is taking part in.
- Before you start your activity, click 'start'.
- When you have finished your activity, press the big orange button and then 'finish'.
- You can then name your activity e.g. 'Big Run, Cool Guy, #KickAss' or whatever you like, and then 'Save Activity'.
- Your activity will save in your feed and the length of activity will automatically be added to your team's effort.