



## Setting up Strava

You can easily set up Strava on a variety of devices so you can record your kilometres for the [Virtual Summer Series](#). If you do not have a device you can use while running/walking, you can also upload your distance manually in the app or using our [Google Form](#).

**You can also find some links below to helpful videos on how to set up Strava and record rides/runs/walks!** They were borrowed with permission from our friends at Special Olympics British Columbia and so they reference a BC LETR event and the province of BC. They are therefore available for reference purpose only.

### Step 1: Register for a Strava Account

- Go to [www.strava.com](http://www.strava.com).
- Register for an account using your email address or Facebook account.
- Create your profile – there are many fields you can fill out to customize your profile, but only your name and age are required.
- **You do not need to start a free trial of Strava Summit for this event. You do not need to provide any credit card details.**
- If you will record your distance on a smartphone, download the app to your device.
- If you will record your distance on a smartwatch or training watch, [connect your device to your Strava account](#).

### Step 2: Join the Virtual Summer Series club on Strava

- Hover over the “Explore” tab at the top of the page and select “Clubs” from the drop-down menu.
- On the next page, you can search for clubs by name, location, sport, and type of club.
- Search for “[2020 Virtual Summer Series](#)” and select the club.
- Select “Request to Join.”

### Step 3: Record your activity

#### Using the Strava phone app

- Go to the record screen by tapping the circular “Record” icon located in the middle of the dashboard. Strava will automatically record the activity type set in your profile (ride or run), but you can change this by tapping the shoe icon above the “Start” button.
- Once you select which activity you are doing (ride, run or walk), you can begin recording by simply tapping the “Start” button, which is located near the bottom of the screen.
- Tap the square, “Stop” icon to pause your activity. You’ll then have the option to either “Resume” your activity or “Finish.”
- Pressing the “Finish” button will take you to the “Save Activity” screen.

#### Law Enforcement Torch Run for Special Olympics Alberta

3, 12122 68 Street NW, Edmonton, Alberta, T5B 1R1

Tel (780) 644-5279 / 1-800-444-2883

[www.specialolympics.ca/albertatorchrun](http://www.specialolympics.ca/albertatorchrun) **Social Media:** @AlbertaLETR

*Recognized as the official “charity of choice” of the Alberta Association of Chiefs of Police. All funds benefit Special Olympics Alberta.*



- Tap “Save Activity” to upload to Strava.
- Your activity will appear on the “Feed” screen immediately, and you’ll be able to view full activity details after the app is done syncing.
- Make sure you record your activity according to the leg of the series you are currently participating in (ride, run, walk) so your kilometers will count toward the correct event total.

### Using your smartwatch or fitness tracker

- Once you have connected your smartwatch or fitness tracker to Strava, record your bike/run/walk as you normally would on your device. The activity will be automatically uploaded to your Strava account the next time you sync your device.

### Uploading without a device

- If you don’t have a smart phone or activity tracker, you can manually upload your kilometers via the Strava website or app.

### Support videos (borrowed with permission from Special Olympics BC)

[Download and set up Strava account with your phone](#)

[Set up Strava account with your computer](#)

[Record a run/walk with your phone](#)

[Record a run/walk with your computer](#)

### App data usage

When using your phone, you do not need to use data unless you're viewing maps or have “Live Segments” or “Beacon” turned on. Otherwise, the app just uses GPS while it records your activity. Once you've finished recording, the app will need to transfer some data to sync the activity with the Strava servers. That's typically about 1 MB for two hours of recording, but this can vary a bit. There will also be a very small amount of data required to update your “Feed.” Please note, if you can connect to Wi-Fi, you can sync the activity without using any data.

### Further information

If you have additional questions about using Strava for the Virtual Summer Series, please contact Justin at [jhebert@specialolympics.ab.ca](mailto:jhebert@specialolympics.ab.ca).

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