

Wells Winter 100 Challenge : Strava Instructions

RUN OR WALK – ALL YOUR MILES COUNT

All miles you walk or run as part of your personal exercise routine count (beyond your “normal everyday” activity steps and miles). You can run indoors or out, on the road, trails, treadmill, elliptical, stairs, and steppers.

LOG YOUR MILES WITH STRAVA

1. **DOWNLOAD & JOIN:** You need to download and join the Strava app at <https://www.strava.com/login>.
Strava is a social fitness network used to track running and cycling using your gps device data. You can also manually add your activity. It is free. You can set it up on your mobile device or home computer.
2. **JOIN THE CLUB:** Next you need to join the **2022 Wells Winter 100 Challenge** Club where we can post activities and watch the leaderboard! Note: because of the way Strava works you need to join our Club (not Challenge). Our club page is where you can see all the club member activities, encourage other participants, and see the leaderboard😊. Once you join the Club you will also see our club posts on your feed when you open Strava.
3. **RECORD MILES:** When you are ready to record an activity you simply press the Record button at the bottom of your screen! Strava will automatically track your miles and post them to our club total. Note: you **MUST** set your activity type to RUN, even if you are walking. (Strava only allows one activity type per club. I usually set my activity to Run and then designate whether it was a walk or a run in the title of my activity).
4. **MANUALLY ADD ACTIVITY:** If you are walking inside or don't use Strava to record an activity you can still manually add those miles into Strava and they will count on your challenge total. There is a '+' button at the top of your screen that allows you to access this feature.

Hope the helps!!

Good Luck & congratulations on your commitment to 100 miles!!!

Laurie B.