

THE FIVE-MINUTE GUIDE TO GETTING STARTED WITH STRAVA

Why use Strava? To record your training rides and share with friends and your coach. And you can see the rides your friends and teammates are doing as well!

HERE'S WHAT YOU NEED

- a computer with internet connection
- GPS-based cycling computer (optional)

or

- an iPhone or Android smartphone (optional)

LET'S GET STARTED

Visit: strava.com

You'll need to **set up an account**. Unless you're interested in tracking your rides in great detail, **skip the premium account** and **set up a free one**.

Once you've successfully set up your account and logged in, mouse over your user name at the top right of your browser, and select **Settings**, then **Privacy**. We recommend adding the address of any location you don't wish to be visible to followers. These "privacy zones" are not visible to other users. Within settings, you can also enable connections to social media accounts, if you want to share your rides via Facebook or Twitter.

Next, go to: app.strava.com/clubs/jdrf-ride-to-cure-diabetes

Join the club. If you're asked to enter a password, enter: **bikeface**

NOW YOU'RE READY TO LOG YOUR FIRST RIDE.

If you are using a GPS-based cycling computer that is supported by Strava (find out at: <https://strava.zendesk.com/entries/20927811-supported-devices>), you can upload your ride data via USB, ANT+ connection, file transfer, or email. See instructions at <https://strava.zendesk.com/entries/20950143-uploading-to-strava-website>.

If you don't have a supported cycling computer, click **Upload Activity**, which is at the top right of the web page. Click **Add an activity manually**, and when the screen refreshes, follow the prompts.

That's it! You've logged a ride.

PREFER TO USE YOUR SMARTPHONE?

You can use a smartphone to capture data from your ride and send it to Strava. Using an iPhone or Android smartphone, download the Strava for Cycling app.

Once you've downloaded the app, set up a user account (you can also do this from your computer), then log in. To modify your privacy settings and join the **JDRF Ride to Cure Diabetes** club, you must log in to strava.com from your computer or tablet.

Using the Strava Cycling app instead of a cycling computer, you can track rides and send the data to Strava.com. One note: using the Strava Cycling app will drain your smartphone's battery more quickly than other apps.

For additional help with Strava visit:
<https://strava.zendesk.com/home>