

## Getting started with



### Signing up

- Download the free Strava app onto the mobile phone through your app store (it's compatible with Android and Apple products).
- Create a profile using either your work or personal email address. You also have the option to join through Facebook or Google if you have accounts. You will then need to enter your profile details.
- You will be asked if Strava can contact you with monthly stats and tips etc, please select yes or no.
- Now this bit might seem confusing – the next page you will be directed onto will say 'The First Month's On Us' and you will be offered a free trial which will then create an account for you to then pay £47.99 a year. **Please skip this page** – you should have a skip option in the top right of your screen.
- The next page will say 'Ready to record?' click on 'Later' for now.
- You will then be given the option to 'Sync your contacts' and discover routes your friends may have already done. If you don't want to do this, please choose 'Skip for now'.
- Again, it will give you the option to 'Follow Athletes' from your Facebook or mobile contacts, if you don't want to do this, please select 'Skip' in the top right hand corner.
- And now you're signed up! Select 'Done' to see your feed.

### Recording your activities

- On your feed your page should say 'Getting Started'. This can show you how to connect a GPS watch or computer to your Strava account, and will also show you how to record your activity using the app.
- You can choose which sport you are most likely to record and also plan your route. Once you are ready, and the app has your GPS signal, press 'Start'.
- Once you have completed your activity, select 'Finish'.
- You will be directed to a page where you will be able to customise your activity. Once you have done this, select 'Save' and this will be saved to your feed and to any clubs you have entered.

**Speaking about clubs... Please do join our SHMA Strava club!**

- To do this, select the 'Explore' tab on your app
- Select the tab 'Clubs' at the top, and search for club 'SHMA'
- You will then be directed to our very own SHMA club which will have regular challenges for us all to take part in!
- If you have any questions regarding the Strava app, please get in touch with either [Beth Leeson](#) or [Christy Davies](#).

**We look forward to seeing you on Strava!**

**Be aware...**

As the App records your GPS, you are potentially sharing the area where you live with your contacts - and where you go running. If you are going running near a main road, we would suggest starting your GPS tracking then if possible.

**Please always remain vigilant whilst you are out.**