On your PC / Laptop -

1. Navigate to https://www.strava.com/register/ where you’ll be prompted to either sign up with Facebook, Google or manually with your email address. We’ll continue this tutorial by using an email address (in this case bicyclincoln+demo@gmail.com).

2. After filling out the form and clicking “Sign Up”, you’ll be prompted with this screen to check your email to confirm your account.
3. Open your email account you signed up with and look for the email from Strava to confirm your account. Make sure to check your Spam folder because in some cases spam filters may catch it and send it there. The email will look something like the image below, clicking “Confirm Email Address” will confirm your email and send you back to Strava to continue your setup process.

4. You will now be on the Strava Dashboard page, and as it’s your first time logging in, you’ll be prompted to list some information. You can either do what they are prompting you to do or skip all these prompts. One of these prompts will look like the screen below asking your gender and your preferred sport.
5. After you dismiss / finish all of the initial prompts, you should be sent to the dashboard screen which looks like this after your first login.

6. Go to the small magnifying glass in the top left corner of the screen, next to the STRAVA logo. Click there and then click the Clubs/Athletes/Activities section. Choose “Clubs” then search for “Just Tri It 2021”. 
7. Once you click search for the club, a list of clubs will pop up. Look for the club “Just Tri It 2021” and click the orange button under the page description that says, “Request to Join”. You will see the Just Tri It logo with the Dare2tri and Lakeshore Foundation logos as the profile picture. Once you request to join, a staff member will accept your invitation and you will be in the Just Tri It Club!
8. Once you are added to the club, you will be able to view the leaderboard each week and track the progress of the group, interact with members and staff who are in the group and stay on track with your movement goals!

From your personal STRAVA profile, you will be able to track your individual activity. You can log activity while you move or workout via a smart device (smart phone, smart watch, etc) or you can manually enter your activity once you have completed the workout. You will find all of this on your STRAVA Dashboard. Listed as “Activity”. To manually enter a workout, you will click the + in the top right-hand corner of your screen, next to your profile icon. – see below.
If you choose to Set up your profile through the STRAVA App on your phone, follow the prompts (they will be similar to what is listed here) make sure you download the STRAVA app to your phone.

If you wish to use a smart watch or other smart device, follow the directions to link the STRAVA account to your device. Let us know if you have questions, and we will be happy to help you get this set up!
On your phone using STRAVA app -

1. Using your mobile app store – search and install STRAVA. Once downloaded, locate the app on your home screen and click to open. Since it is your first time opening the app, you will be prompted to either sign up with Facebook, Google or manually with your email address. We’ll continue this tutorial by using an email address (in this case bicyclincoln+demo@gmail.com).

2. After filling out the form and clicking “Sign Up”, you may be prompted to check your email to confirm your account. If you are prompted to confirm your email, go to your email account and hit “confirm email address.” Make sure to check your Spam folder because in some cases spam filters may catch it and send it there. If not, you will be asked to create your profile by filling out some basic information about yourself.

Create your profile

The profile is the home of your activities and how friends find you on Strava. It’s public by default, but you can change that at any time in your Privacy Controls.

First name

Last name

Birthdate

Gender

- Male
- Female
- Other
3. After completing your personal information and hitting next, you may be prompted to pay for a membership. You do NOT have to pay to use the free version of the app. There will be a skip in the top right hit corner you will want to tap.

4. STRAVA will ask you if you are ready to record. If you are setting this up a couple hours or days before your first ride, hit later and continue with the setup process. If you are doing this right before you first run/ride/push feel free to hit “let’s go” and it will direct you to the workout recorder (set #... on these instructions). For the purpose of this “how to” I am going to hit “later”.
5. Next, you would be asked if you want to add friends. You can choose to add people you know or skip for now. If you choose to skip for now, I will show you how to add friends from the STRAVA home screen.

6. You have now reached your STRAVA home page! Check out what the different icons mean, below.

**Add Friends:** click here to search

**Add Workout:** Forget to track your workout with your phone? It’s okay, you can click here to enter a manual workout.

**Profile:** View your own profile and workouts by clicking here.

**Notification Center:** notifies you when someone gives you Kudos (high five) or your workouts are ready to be viewed.

**Clubs Feed:** check out your club member’s workouts.

**Record:** click here to record a live workout. This will work with the GPS on your phone to track your workout.
7. Now that we have gone over how to navigate the home screen, we are going to join the Just Tri It 2021 club. Click the “Explore” tab on the bottom bar, then click “Clubs” on the top bar. Lastly, search for “Just Tri It 2021” in the “Find a club” search bar.
8. Once you arrive at the “Just Tri It 2021” club page, click on “Request to Join”. Upon requesting to join, a staff member will accept your request and allow you access to the club. Once you are added to the club, you will be able to view the leaderboard each week and track the progress of the group, interact with members and staff who are in the group and stay on track with your movement goals!

9. From your personal STRAVA profile, you will be able to track your individual activity. You can log activity while you move or workout via a smart device (smart phone, smart watch, etc) or you can manually enter your activity once you have completed the workout. You will find all of this on your STRAVA Dashboard. Listed as “Activity”. To manually enter a workout, you will click the + in the top right-hand corner of your screen, next to your profile icon. – see below.
Your profile is 80% complete
Finalize your profile and choose your email settings.
Continue

THIS WEEK
0 mi

GOAL
-- mi
Set Weekly Goal

THIS YEAR
0 mi

Set Annual Goal

Subscribe to set weekly and annual goals and track your progress toward them.

Set Your Own Goals
Important Note: When you go to live “record” one of your workouts for the first time, you will be prompted to allow STRAVA access to your location. This is your choice, you do not have to allow access. If you choose to allow access you will have the option to do it just once, only while using the app, or always. Allowing STRAVA access to your location will allow your phone to map (GPS) your workout while you are doing it. This will allow you to see the path you took, the elevation gain, and your average pace. If you do not allow access, the phone will track your time until you end the workout.

Let us know if you have questions, and we will be happy to help you get this set up!