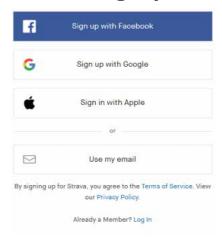


HOW TO RECORD YOUR MILES Ride your way up the Leaderboard!

1: On your phone: Downlad the Strava App your phones App Store



2: In the STRAVA APP: Sign Up and Create Your Profile



Create your profile The profile is the home of your activities and how triends find you on Strava. It's public by default, but you can change that at any time in your Privacy Controls. Eret name List name O Male O Fernals O Other

3: In your Bike to the Beach Portal: Connect your STAVA profile to the B2B Portal and Leaderboard

(Start here if you already have a STRAVA accout)

Log in to your Blke to the Beach Portal

- 1) Click Fundraising
- 2) Click Virtual Ride & Advocacy Challenge
- 3) Select the box to OpAt-In to the Challenge
- 4) Enter Your Distance Goal and Save
- 5) Click "Integrate with your Strava Account"
- 6) Authorize Bike to the Beach to capture Strava Data
- 7) Check that the account is now connected



4: In the STRAVA APP: Log Your Miles

- 1) Open Your Strava App
- 2) Log Your Miles
 - A) Click the + icon to enter your miles manually
 - B) Click "Record" to have the App record your activity, then select Stop when complete
 - C) Connect a GPS watch or computer

