Strava FAQ

Mobile App Guide

For CWEP 2022 Virtual 5k

Table of Contents

Please email cwep@tjcog.org if you have any questions, comments, clarifications, or concerns!

How to make a Strava account

- Download the Strava app or go to strava.com

- Follow the prompts – sign up with email, Facebook, Google, etc.

- Create a password
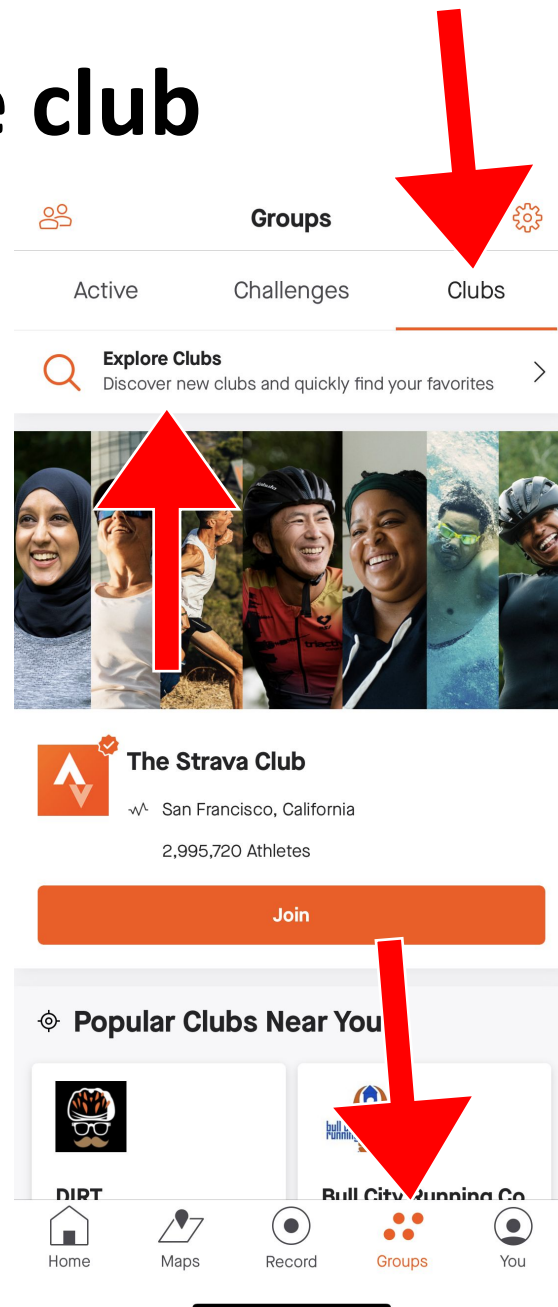
- Verify your email

How to join the club

Please complete the quick [Google Registration Form](#) if you haven't already!

How to join the club
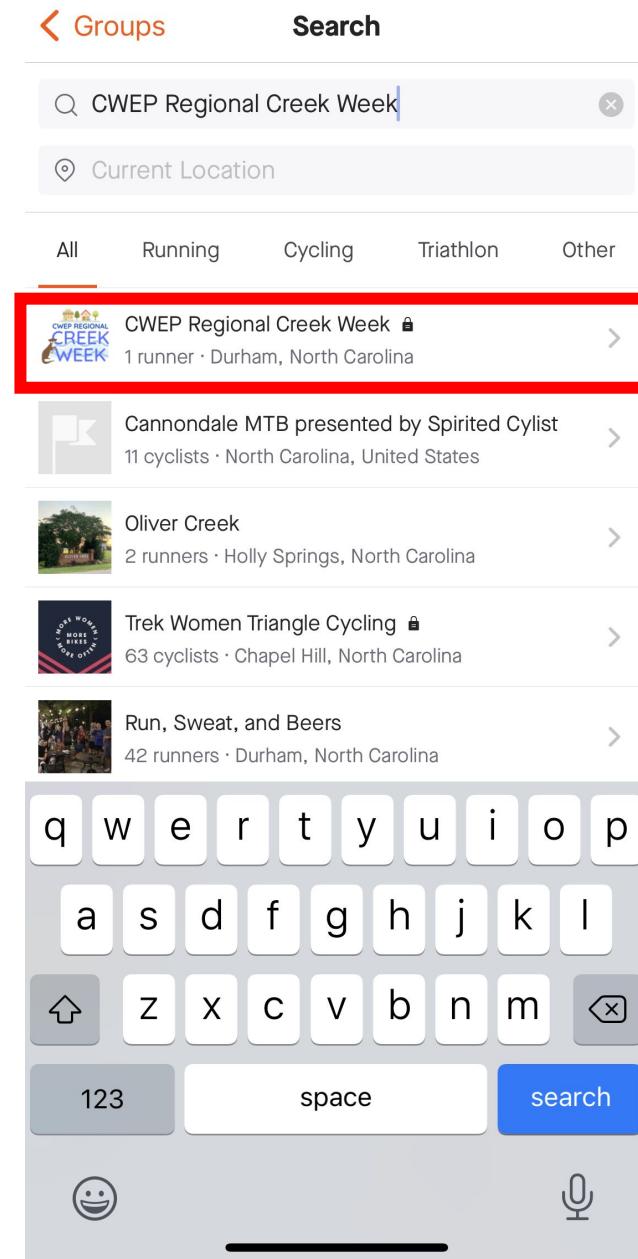
Go to the Groups icon on the bottom right

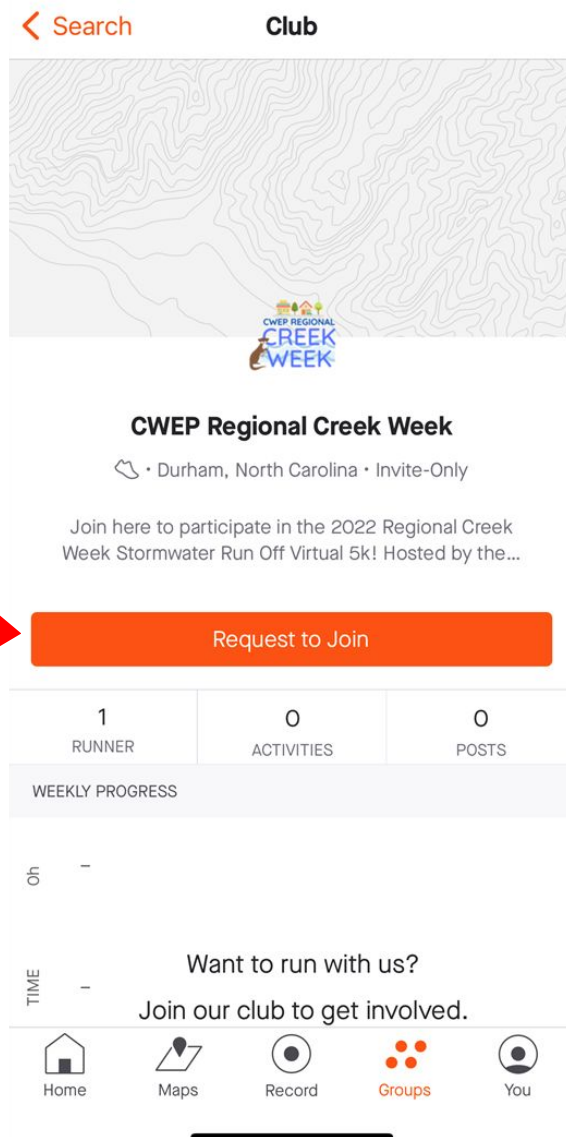Tap "Clubs" on the top right

Click the Explore Clubs banner

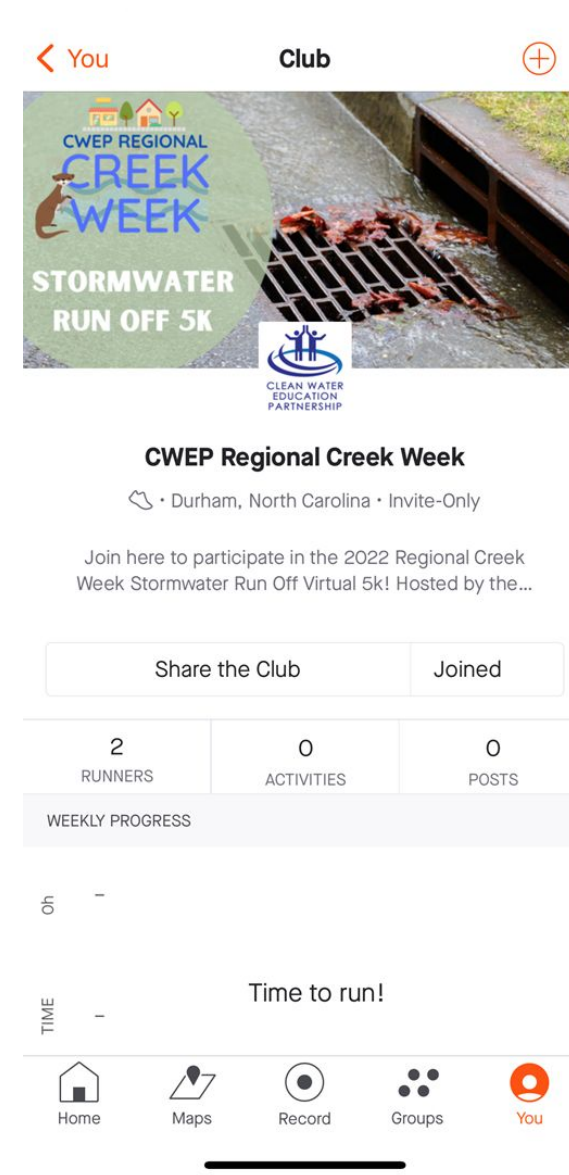Search "CWEP Regional Creek Week

Select the club

How to join the club

Tap the orange "Request to Join" button

You'll be approved shortly before Creek Week begins, so we don't clog the club feed. Thanks for your patience!
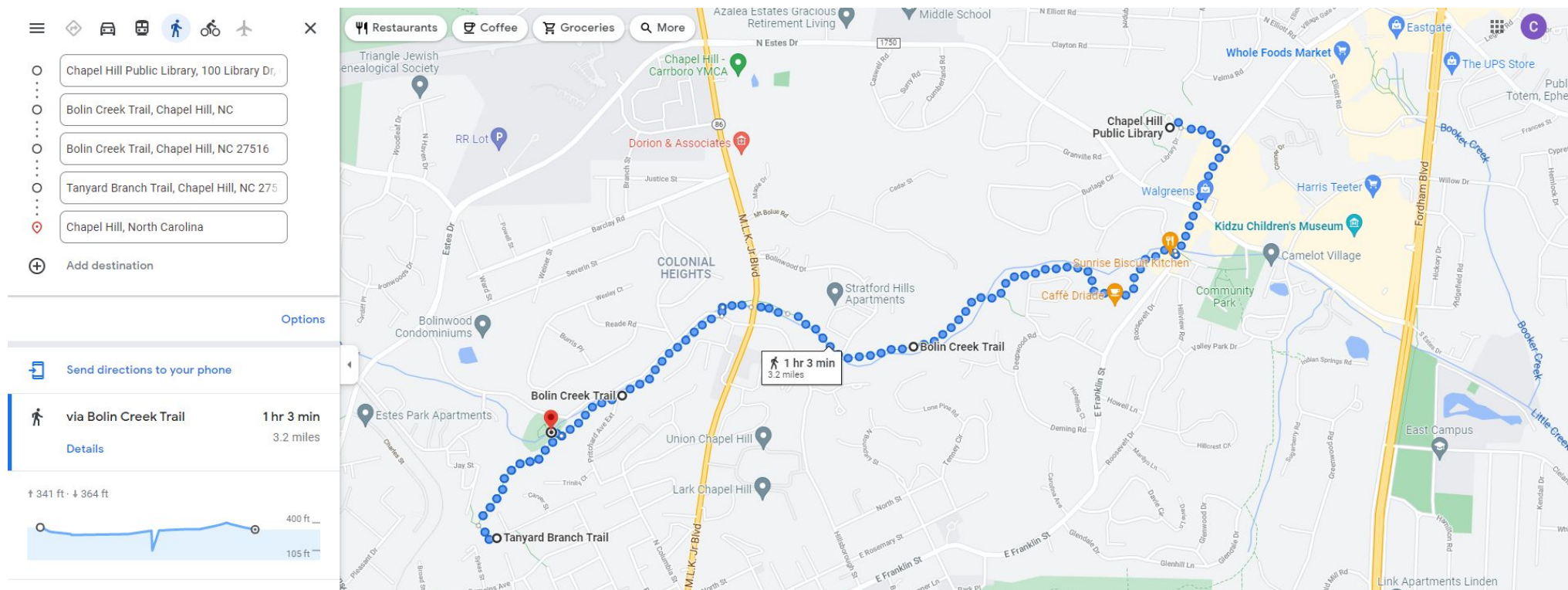
Setting your route

If you would like to map out a route beforehand, you have a few options.
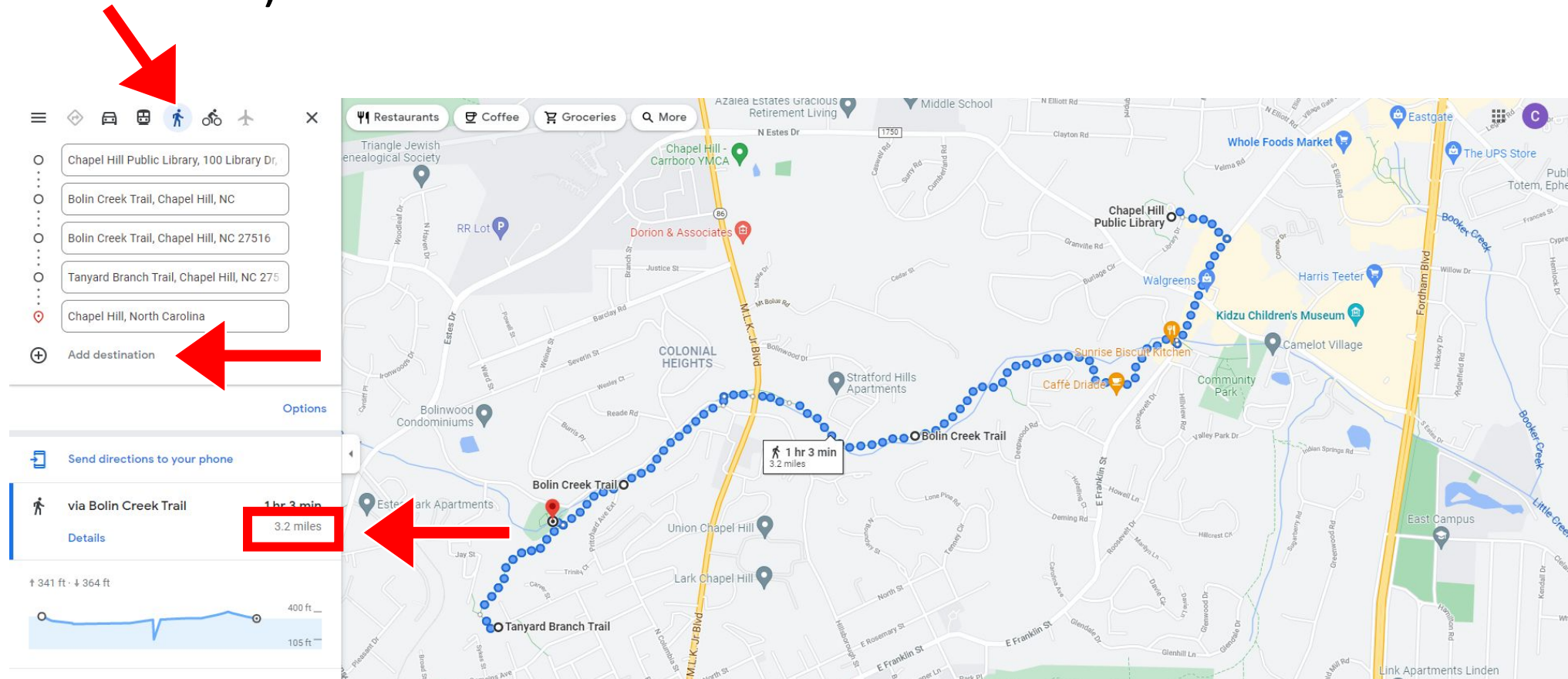
Free Option

Google Maps or other free maps software

Need inspiration for where to run your 5k? Check out our map!

Setting your route

Select walking directions (pedestrian icon)

Choose a starting point (e.g. Chapel Hill Public Library)

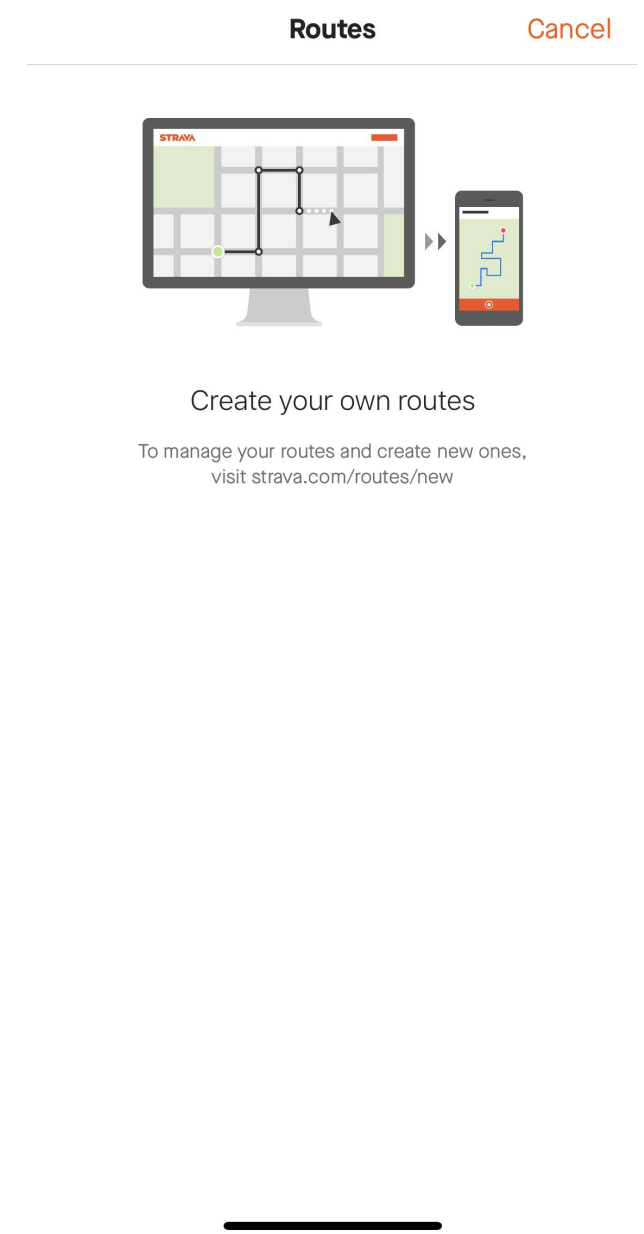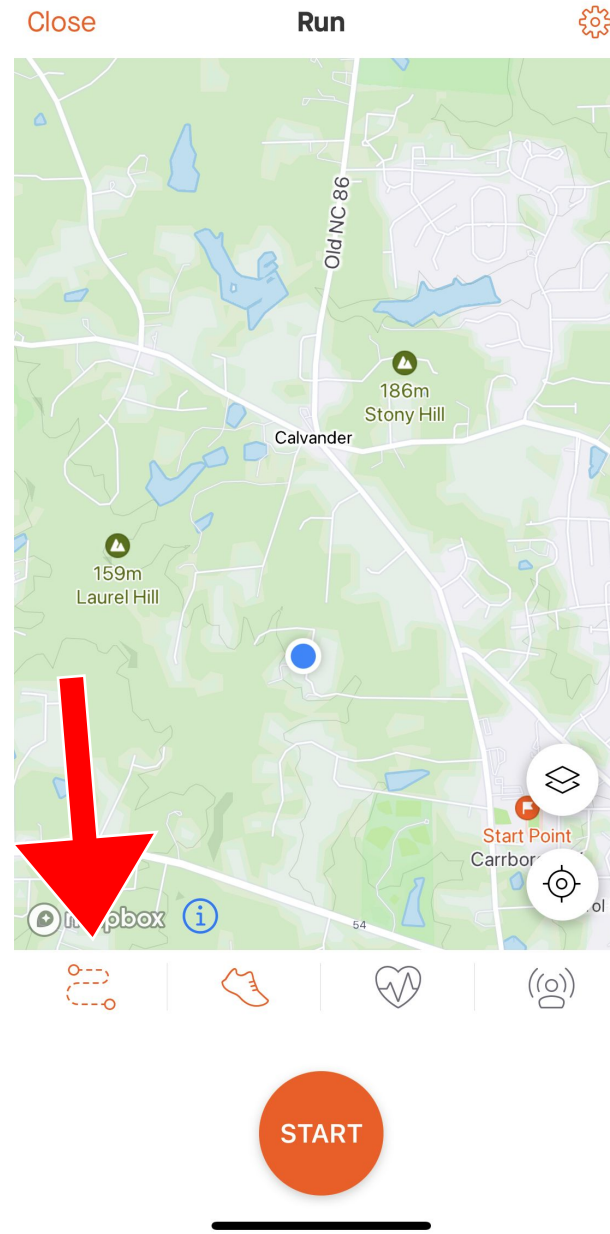Click "add destination" and click the map to add a stop.

Play around until you have a route you're happy with that = 3.2 miles

Setting your route

STRAVA SUBSCRIPTION ONLY

Click on the squiggle icon on the bottom left. Login to Strava on a browser to create a new route.

You must have a subscription to create a route on Strava. This is not required to complete the 5k
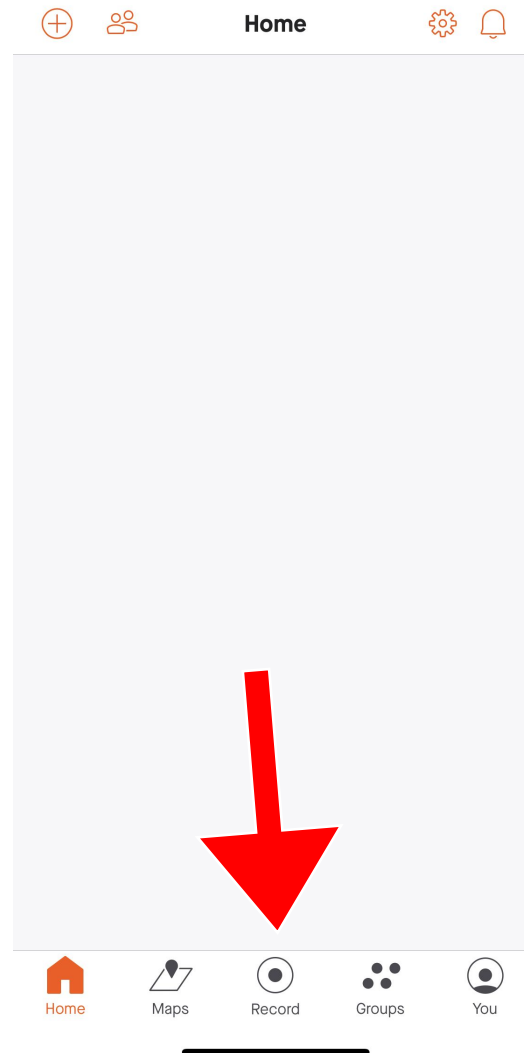
How to record in Strava

Open Strava

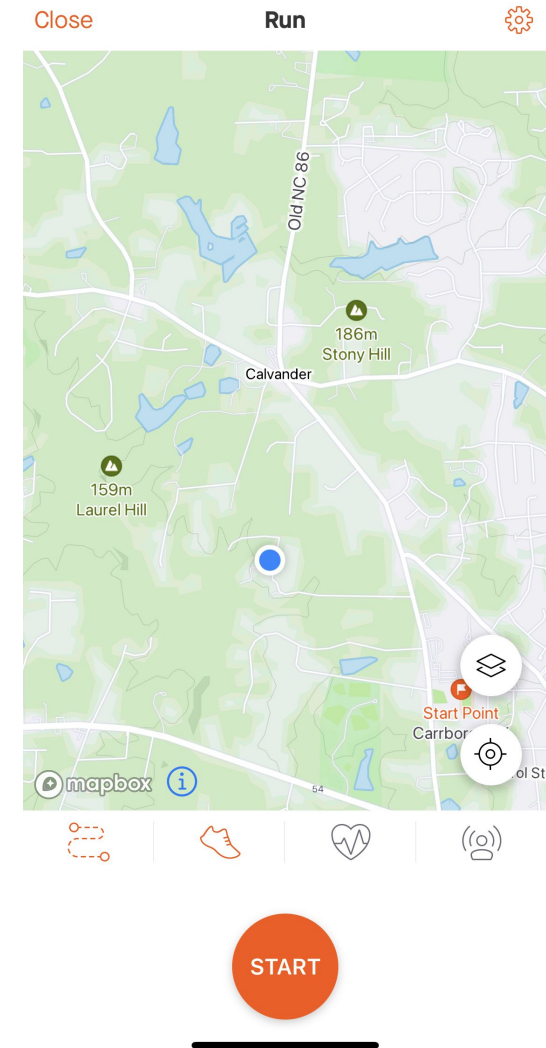You will likely start in the Home tab at the bottom left

Click the Record icon in the bottom middle

You may be prompted to allow app access to your location.

If you're not comfortable with this, proceed to "How to manually enter activity" (pg. 14)
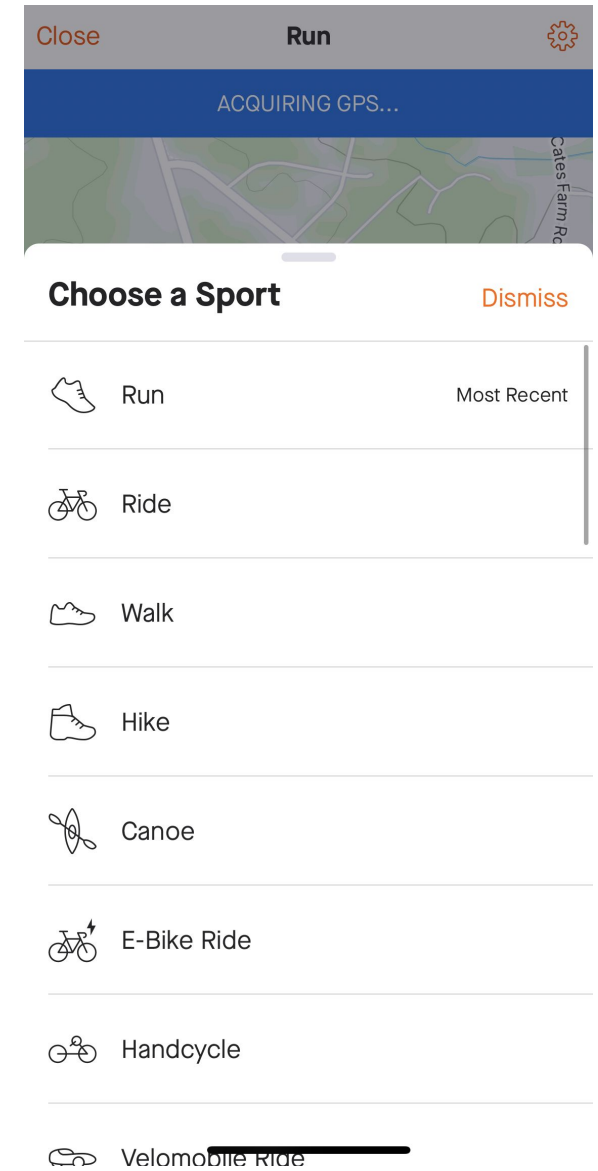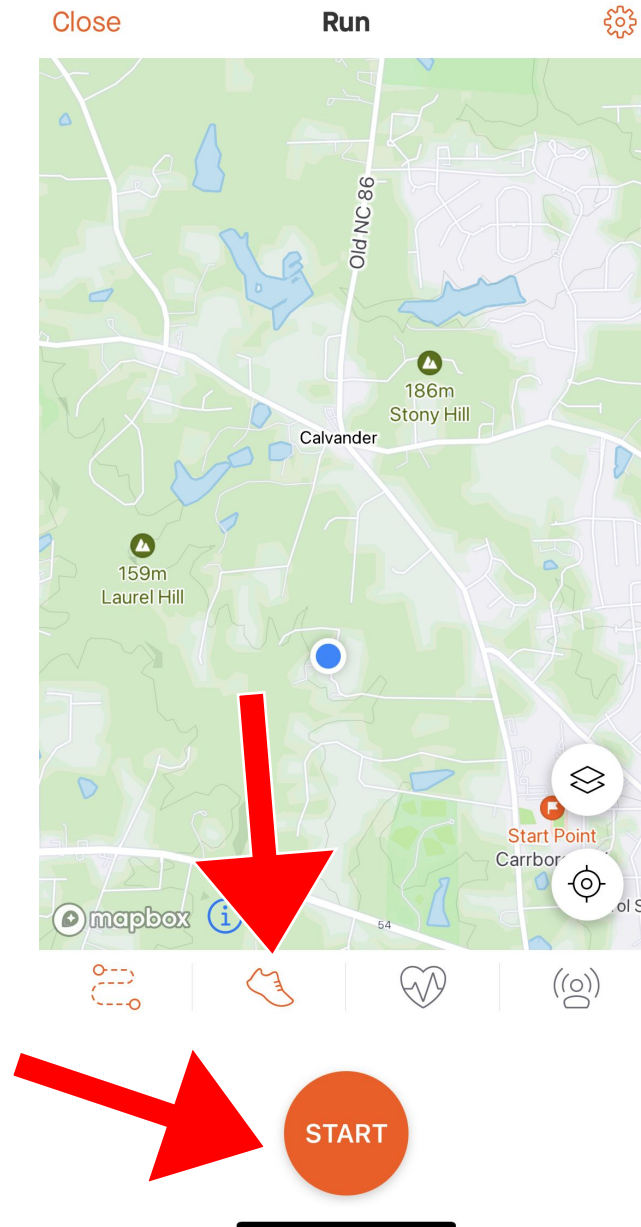
You should see your location on a map

How to record in Strava

Click the icon on the middle left (foot)

Select your activity type – run, walk, hike, etc.

Hit Start

How to record in Strava

You'll see a time screen

Run/Walk your 5k

Make sure to take pictures of any litter you collect along the way, or any photos you'd like to share!

When you're done, hit the stop button.
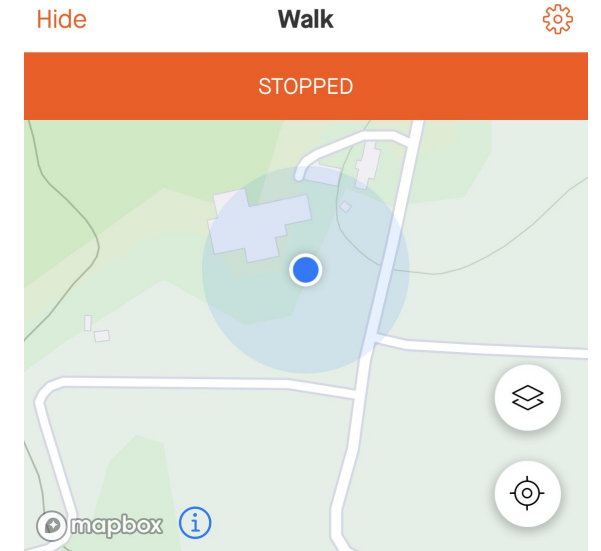
You can pause and resume an activity if needed!

Click finish

TIME

00:00:03

AVG SPEED

0.00

MPH

DISTANCE

0.00

MILES

Hide   **Walk**

STOPPED

mapbox (i)

TIME

00:00:04

AVG SPEED (MPH)   DISTANCE (MI)
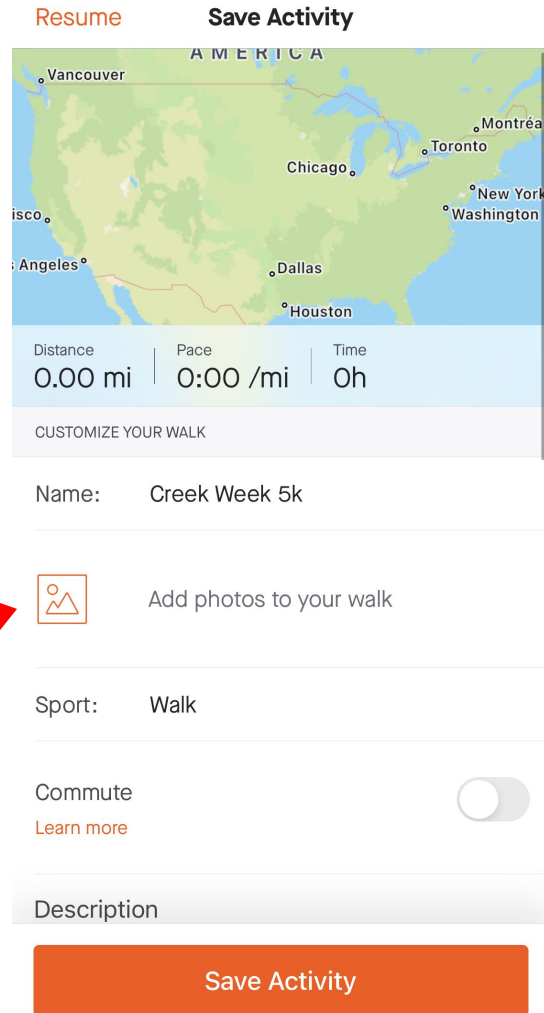
0.00   **0.00**

RESUME   FINISH

How to record in Strava

Fill in the fields

If you have photos, you can add them at this step

If you're picking up litter, add those photos here!

Finish filling out the form

Make sure to leave visibility on Everyone!
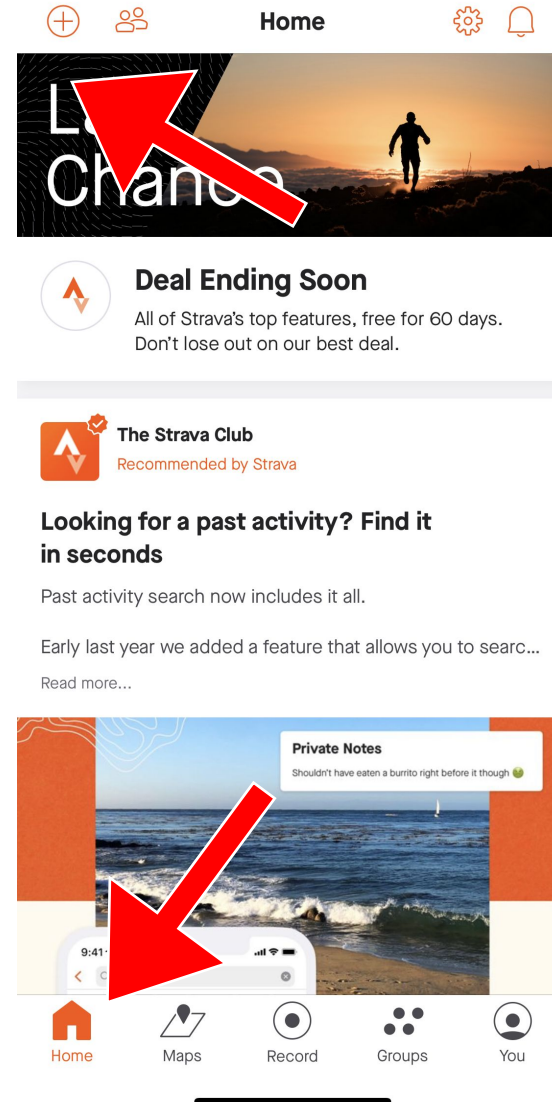
Save your activity –

nicely done!

How to manually enter activity

Run your 5k and **time yourself** with a phone or watch (ideally take a picture or screenshot of your time)
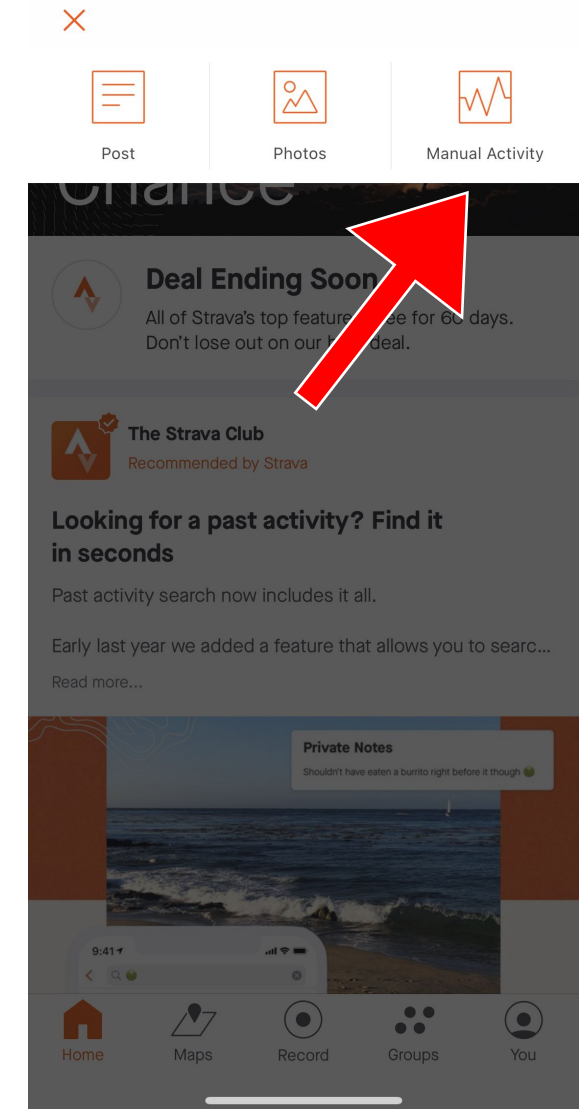
Open Strava

Go to the home tab at the bottom left
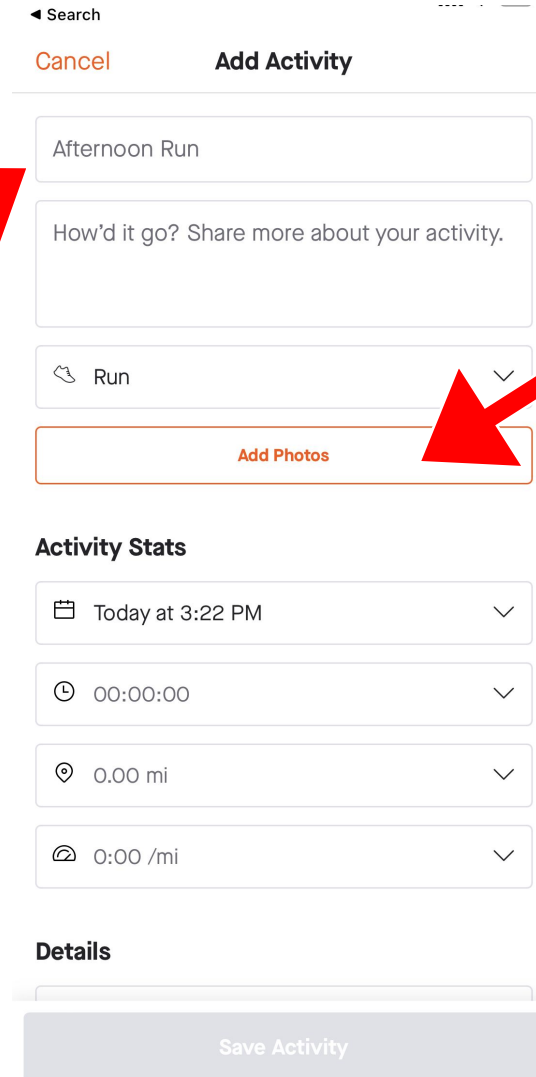
Click the + button at the top left

Click on the right side option – manual activity

How to manually enter activity

Fill out fields

- "Creek Week 5k"
- "Stormwater Runoff 5k"
- Whatever you'd like

If you have photos, you can add them at this step

If you're picking up litter, add those photos here!

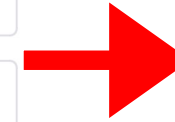# How to manually enter activity

Fill out fields

- Add your time

- Add your distance

- Your pace will populate automatically

How to manually enter activity

Fill out fields

- Select race in "type"

- You can choose to record how the run felt for you & add private nots

- **Important**!

  - Set visibility to everyone

  - Do not hide stats

  - Do not mute activity
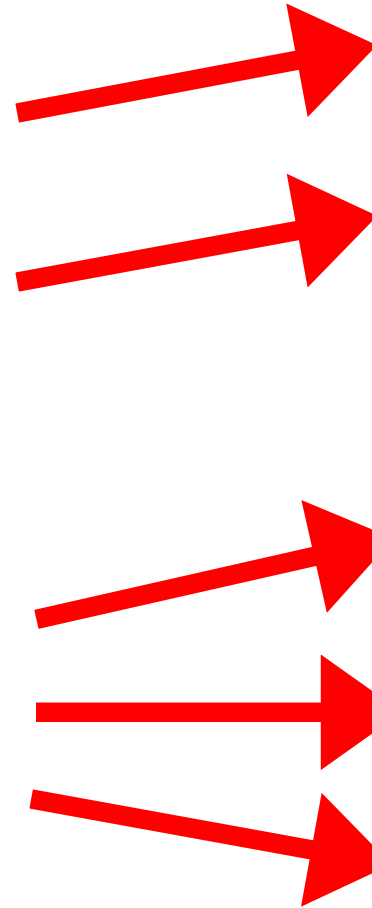
If you change these settings, we cannot see your submission and you will not be eligible for a prize. If you are not comfortable publishing your results, please email cwep@tjcog.org

Cancel   **Add Activity**

Details

⌢ Race   ⌄

⏲ Hard   ⌄

🔒 Jot down private notes here. Only you can see these.

Visibility

Who can view

🌐 Everyone   ⌄

Hide stats

🚫 Choose   ⌄

Mute Activity ⓘ

Don't publish to Home or Club feeds   ☐

This activity will still be visible on your profile

Save Activity