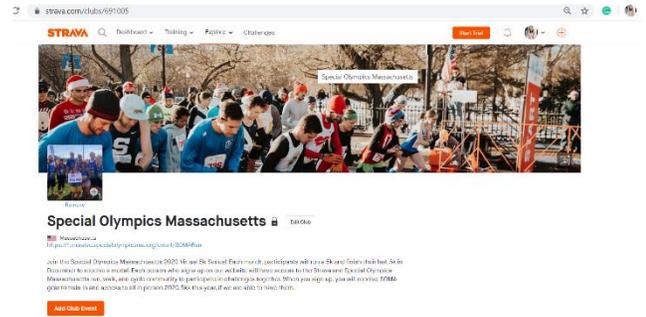


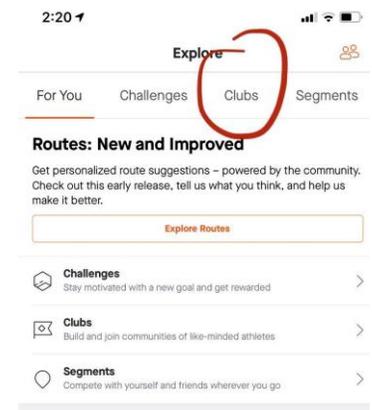
Creating an account with Strava

1. Download the App in the app store on your smart phone
2. Go to the Special Olympics Massachusetts Strava Club [link](https://www.strava.com/clubs/691005): <https://www.strava.com/clubs/691005>
3. In the top right, you'll see either Sign Up or Log In if you already have an account
4. Sign in with Facebook, Google, or create an account with an email and password and select sign up
5. Input your information (first, last, email, gender, etc)
6. Skip the subscription, you can skip that on the top right. Everything we're using for Special Olympics MA is free to use!
7. Let's go to begin your run, walk, etc.
 - a. Or select Later to finish setting up your account



Joining the Special Olympics Massachusetts Club

1. Navigate to Explore on the bottom of the app
2. Select Clubs
3. Start typing in the Find a club... box "Special Olympics Massachusetts"
4. Press Request to Join
 - It is a private group only accessible to people who have signed up already [on Donor Drive](#)



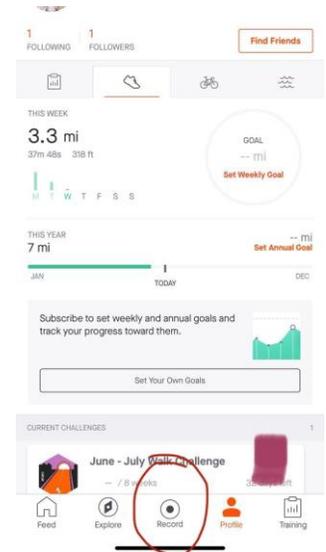
Joining an event

1. Once your request is approved, you will see available challenges and events we have as part of the Special Olympics Massachusetts club
2. Click on the monthly 5k to complete and select "I'm In"
3. Each month, there will be a new 5k for you to join!



Recording a workout

1. Select the middle button on the app that says Record
2. Choose your type of workout by clicking on the middle icon. You will see a list from hike to canoe to hand cycle and more
3. On the top left, select Settings if you'd like to add audio cues, edit display settings, and more.
4. Press start!
 - a. It will start recording your time, average speed, and distance. You can press the orange stop button to finish a workout and the map icon button on the bottom right to view the map.
5. Press Finish
 - a. Add a title to your workout, photos, the type of sport, any description you'd like to add
 - b. Under Privacy Controls – make sure it says Everyone so that it will appear under the Special Olympics community
 - c. Press save



Editing your profile

1. Add a picture, find friends who use Strava
2. This is where you will see your stats and challenges you have completed
3. You can also see the Clubs and Events you have joined

[Watch the video tutorial here](#)

If you have any questions, please reach out to Meghan O'Neil and we'd be happy to help you through this process.

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