Virtual 5-Mile Challenge - EVENT DETAILS

CHALLENGE DATE: Any day between 6.5 - 6.14

RUNNER OPTIONS

- PAY-TO-RUN RUNNER: $50
- PLEDGE RUNNER
  - INDIVIDUAL: Fundraise $250
  - TEAM (3-5 Runners): Fundraise $1,000

TO SIGN UP:
projectvisionchicago.org/events/virtual5/ OR bit.ly/pv5er
Data Tracker

Runners need to:

1. Download Strava on phone OR access on computer.
2. Create a Strava account.
3. Join the Team Project: VISION Run Club (invite sent upon registration)
4. Join the Club Event
5. Track progress using Strava app.

How to Record Your Run (via Strava App on your phone)

1. Navigate to the record screen by tapping the circular Record icon located in the middle of the dashboard.
2. To begin recording, simply tap the Start button near the bottom of the screen.
3. Toggle between the map and stats displays by tapping the pin icon.
4. To pause, tap the square, stop icon to pause your activity. You have the option to either Resume the recording or Finish it.

Strava defaults to recording the activity type set in your Profile (Walk or Run), but you can change this by tapping the icon above the Start button.
Add an Activity Manually (No Device)

If you want to record an activity on Strava without a GPS device, you can create a manual upload.

On the web browser, select the plus sign icon in the upper right-hand corner. Select Add manual entry from the drop-down list.

On iOS, click the plus sign icon in the upper left-hand corner and select Manual Activity.

On Android, click the plus sign icon on the bottom right of your feed and select Manual Activity.