



How to use Strava to Track your 5K



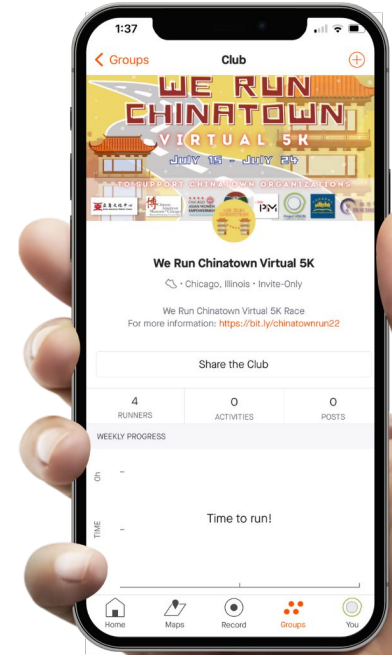
Data Tracker

Runners need to:

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

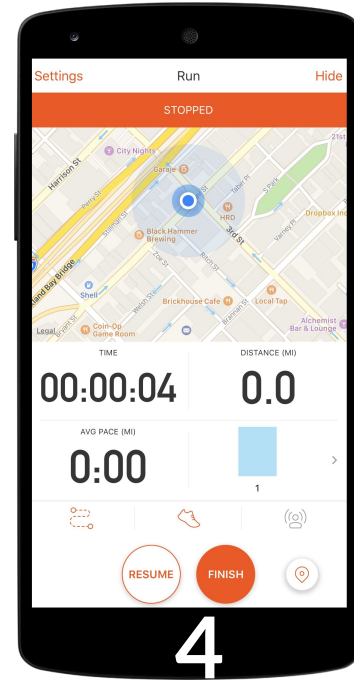
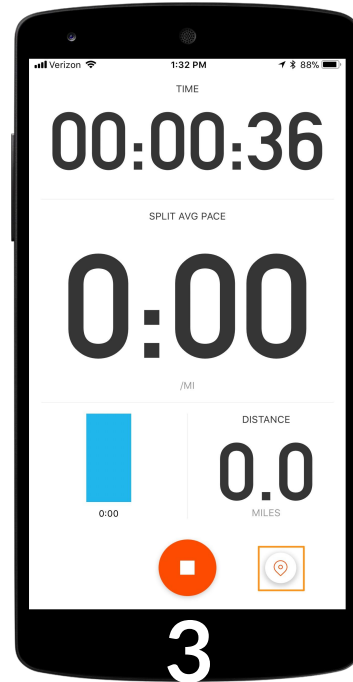
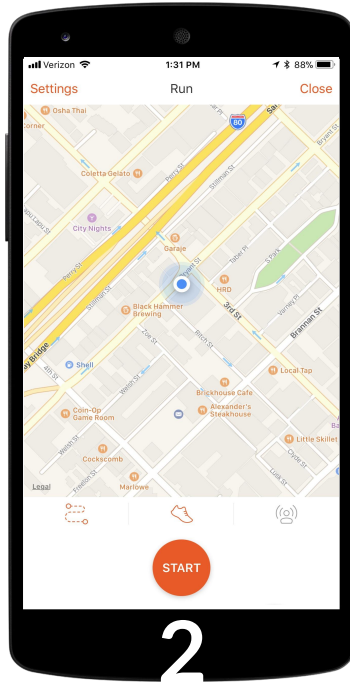
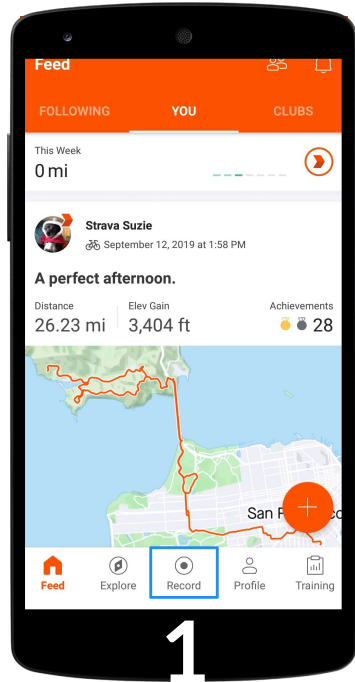
Strava Club 2022:

<https://www.strava.com/clubs/runchinatown22>



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

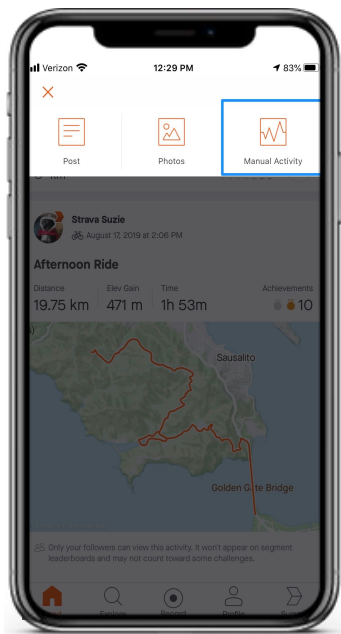
1. Navigate to the record screen by tapping the circular **Record** icon located in the middle of the dashboard.
2. To begin recording, simply tap the **Start** button near the bottom of the screen.
3. Toggle between the map and stats displays by tapping the pin icon
4. To pause, tap the **square, stop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



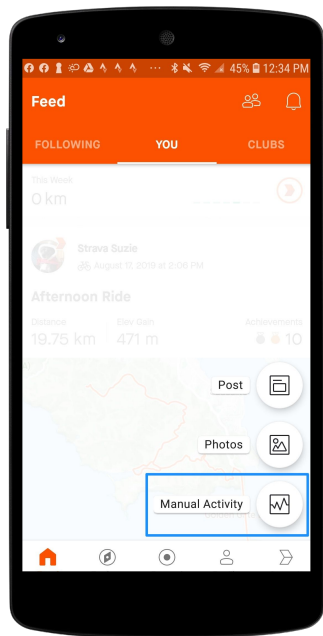
Strava defaults to recording the activity type set in your Profile (Walk or Run), but you can change this by tapping the icon above the Start button.

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 **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.

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

