

CREATE A PROFILE

What is STRAVA and how do I use it for Kidney March?

Create your Profile

www.strava.com

Download the phone APP or sign up on your computer. Then create your profile.

**Kidney March will not have access to your user information so please keep this recorded for your records.*



This year, share your 100 km Journey with us through STRAVA!

STRAVA™

This basic guide will help you set up your STRAVA profile so you can record your walk activities for Kidney March 2020 and share them with the Kidney March community! Connect with other Marchers on STRAVA, post your walks on your social media pages and share your achievements with your supporters and donors!

What is STRAVA? STRAVA is a free digital service accessible through both a mobile application and the web. It turns your mobile phone into a sophisticated sport tracking device. It also integrates with your other fitness tracking devices such as sport watches.

Links to Start a Profile:

Desktop: Visit <https://www.strava.com/features> to Sign Up and learn more about all of the features of STRAVA.

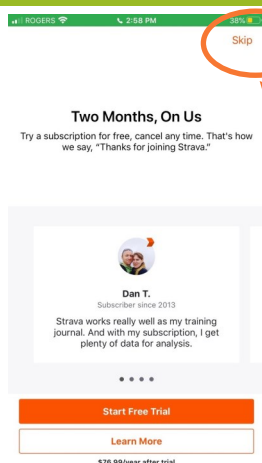
Mobile:

To download the App on iPhone or Android visit: <https://www.strava.com/mobile>

Getting started • For more specific details visit : <https://support.strava.com/hc/en-us/sections/205714107-Get-Started>

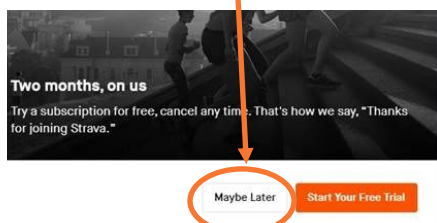
On Your Profile:

- Update your profile settings
- Set your privacy controls
- Add a photo and update your bio content
- Join the Kidney March Club
- Follow other Kidney Marchers and friends
- Connect to your Social Media accounts

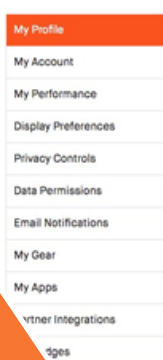


The basic account you will need is FREE. When you load the app you may see a screen prompting you to "Start Your Free Trial" of the paid subscription, ignore this and hit "SKIP" or "Maybe Later".

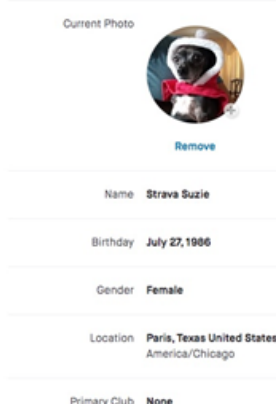
We do not require you to use the paid version of STRAVA in order to participate with Kidney March.



Personalize your profile! Add a photo of yourself in Kidney March gear and share your Marcher Story in your bio.

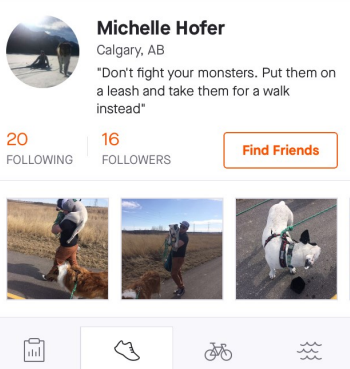


My Profile



Edit

Profile



Now that you're registered, you can use STRAVA to track your progress and connect with other Kidney Marchers! Join the Kidney March STRAVA CLUB

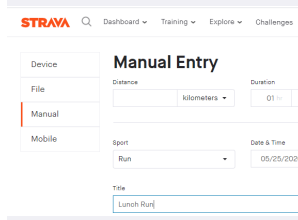
TRACK YOUR MARCH

How to track your walks with STRAVA

STRAVA offers three main ways to record an activity: entering the data manually, recording your walk with the STRAVA app on your phone as you walk, or syncing the data recorded by a fitness tracker, likely a GPS watch.

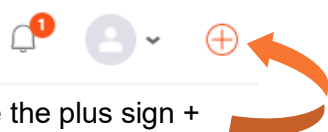


WAY #1



The screenshot shows the 'Manual Entry' form on the STRAVA website. It includes fields for 'Distance' (in kilometers), 'Duration' (01:00), 'Sport' (Run), 'Date & Time' (05/25/2020), and 'Title' (Lunch Run).

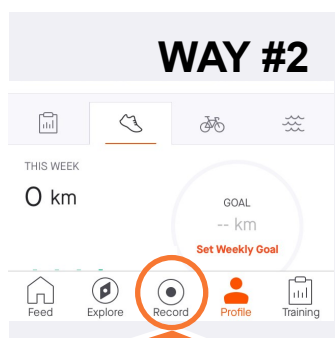
Manual Entry



On both platforms, choose the plus sign + (for example, upper right on desktop) then select the manual entry option. From there, you can fill in as many details as you know about your walk or activity.

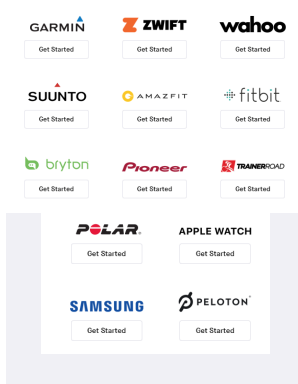
Through the STRAVA Phone APP

Tap the **Record** tab. You can change any settings you need to, such as toggling auto-pause or audio cues on or off, then hit **Start**. The GPS on your smartphone will record the data from there, and once you're done with your workout it will be uploaded to your activities when you hit **SAVE**.



WAY #3

Upload and Sync Your Activities



Through Your Personal Fitness Tracking Devices

STRAVA recognizes many mainstream brands of fitness trackers. You'll then see a list of available brands to connect with your STRAVA account. You can link your STRAVA account with your device so that activities recorded on it will automatically sync and upload to STRAVA. On desktop, you can choose the plus sign, then click **Upload activity** to upload an individual workout from your device.

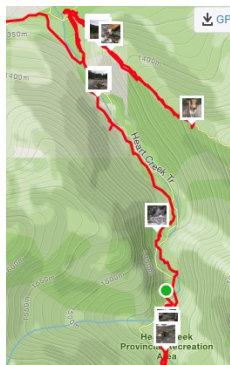
View full list of compatible devices: <https://support.strava.com/hc/>

After you've finished recording and saved your activity you can make changes to the activity info, add photos, add comments, and more from the 'Edit' screen. — How do I edit? When viewing one of your activities, tap into the overflow menu (the "three dots" icon) or tap your phone's Menu button (if available) and select Edit Activity. You can edit the activity's name, type, gear, and privacy setting. To crop/shorten the activity (For example if you got into your car and drove while still recording) you can remove this extra data at the start or end of an activity through the website version only, go to [strava.com](https://support.strava.com/hc/en-us/articles/115000173384-Privacy-Zones) and edit your activity there.

Privacy Zones Create a privacy zone around your home or work in order to hide the portion of your activity that starts or stops within your privacy zone from other STRAVA athletes. **Learn more at:** <https://support.strava.com/hc/en-us/articles/115000173384-Privacy-Zones>

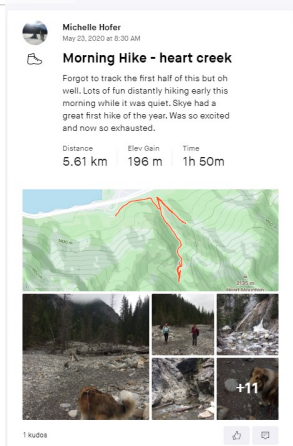
SHARE YOUR MARCH

How to share your activities



Share your 100 km Journey with your Friends, Family and Supporters

Kidney Marchers come from all across Canada and beyond. Share all the amazing places Kidney March takes you with the whole community.



Don't Just Track, it Show it!

You can attach as many photos and captions to an activity as you'd like. If you took photos during your activity your app will know approximately when and where you took them and even plot them onto your route. Add as much detail as you would like to show the full story of your journey.

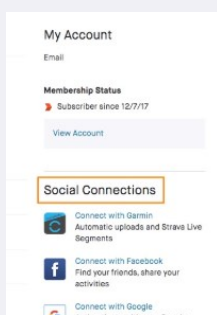
Following on STRAVA is a way for athletes to subscribe to other athletes' activities on STRAVA. When you follow another athlete you will see their activities, challenge progress, created routes, among other actions displayed. Learn more about this at <https://support.strava.com/hc/en-us/articles/115000173484-Following-Athletes-on-Strava>

Share to your Social Media Pages

From your profile you can share your STRAVA activities on other social apps like Facebook, Instagram, and Twitter. Most social apps that you have installed on your phone will support this sharing feature.

You can link your social media accounts

- Go to **Settings**
- Click on "Social Connections"
- Click on the Social account you want to connect & follow instructions.



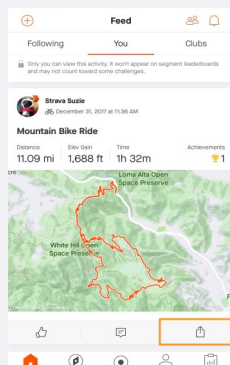
Sharing from the APP

- Select an activity you'd like to share

Click the share icon.

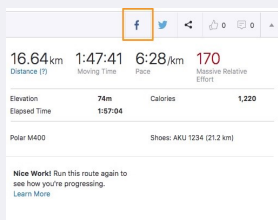


- Choose where you'd like to share this activity.



Sharing from the Website

From the website, select the down arrow in the upper-right to reveal the options to share on Social Media. **Or** when you click on an activity to view the activity details page, you can click the social media icons to share.




Share a link:

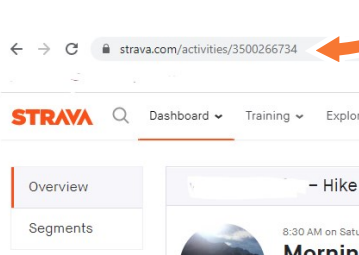
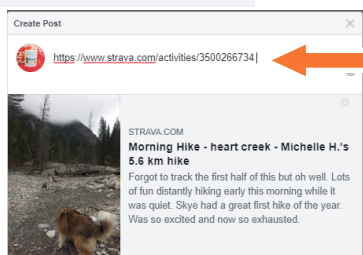
- In a social post
- In an email
- Text to a friend
- On Your Personal Kidney March page in the Marcher Centre
- On the Facebook Kidney March Training Walks Group!
- Anywhere you want!

Share a Link to your Activity Anywhere!

First view the Activity you want to share.

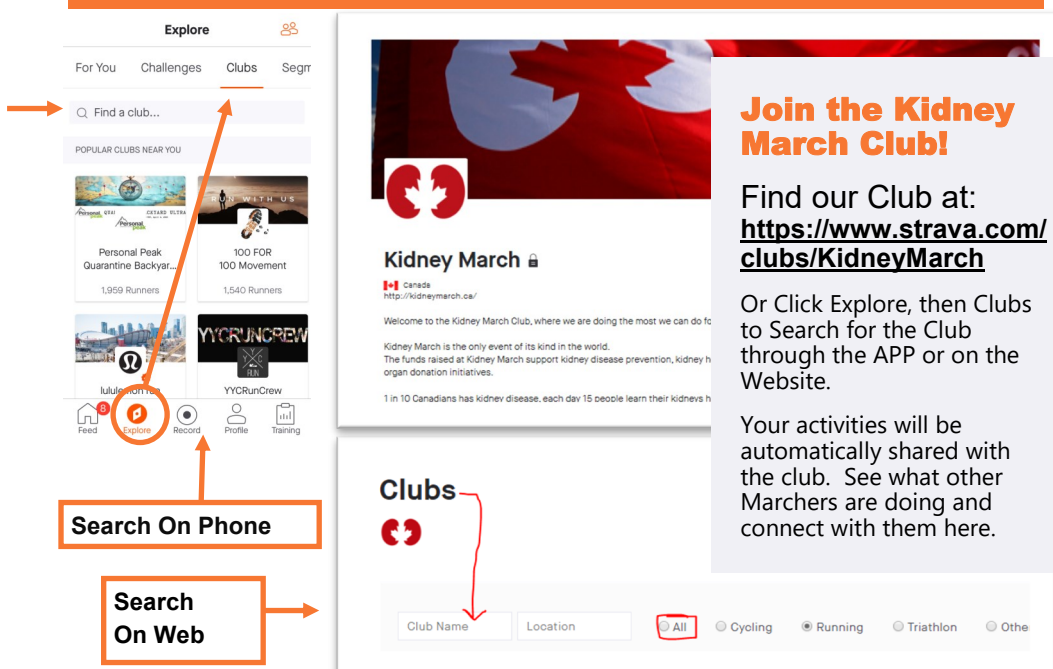
In the App Click the share icon , then select "More" then hit "Copy" to copy the link to your activity. Paste this link into the document or post to share it.

From the website, copy the link to that activity in the address bar of your web browser.



JOIN THE CLUB

**All you need to do now is join The Kidney March Club!
Connect and follow other Marchers, train, join club events!**



Join the Kidney March Club!

Find our Club at:
<https://www.strava.com/clubs/KidneyMarch>

Or Click Explore, then Clubs to Search for the Club through the APP or on the Website.

Your activities will be automatically shared with the club. See what other Marchers are doing and connect with them here.

Search On Phone

Search On Web

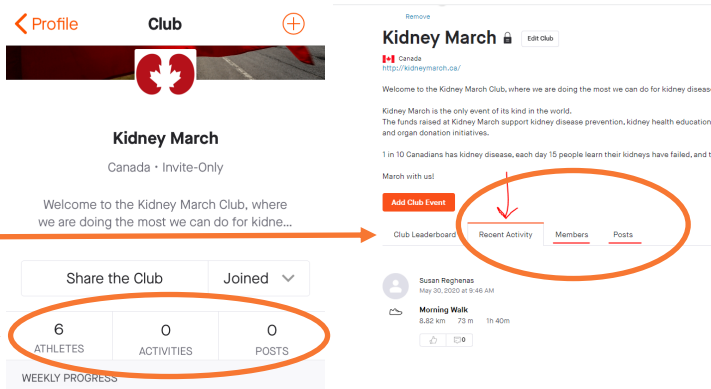
Club pages allow everyone to share our activities within the club so we can see everyone in one place. Once you join the Club all your activities will automatically show under recent activities. You will also be able to post and have discussions with other Club members. The Club features a leaderboard, upcoming Club Events and allows you to share the Club activities with others.

Why is everything on the Kidney March Club measured as a 'RUN' in STRAVA? It looks like there are no activities?

The STRAVA program focuses on two main activities Running and Cycling, for some of the functions of the app these are the only options available. Because of this the STRAVA club event type options are only "Running" or "Cycling". So they may show zero activities in the display fields and only show activities classified as "runs."

Please note - We are not asking you to run for Kidney March, Kidney March is a walk.

To view other Kidney March Club members and their activities tap or click the following areas circled on these screen shots. Even if they say "0" activities you will still be able to view their walks.



Kidney March
Canada • Invite-Only

Welcome to the Kidney March Club, where we are doing the most we can do for kidney disease.

1 in 10 Canadians has kidney disease, each day 15 people learn their kidneys have failed, and 1 March with us!

Recent Activity | Members | Posts

6 ATHLETES | 0 ACTIVITIES | 0 POSTS

Completing the 100KM

Part 1 • Between Aug 10th and Sept 10th complete 70 KM.

Part 2 • On Kidney March weekend September 11-13 complete 10 KM per day, for a total of 30 KM.

Thank You for Joining Kidney March 2020!

This year's march allows you to participate no matter where you are! Participants will walk from their communities, across Canada and beyond, united by the common purpose to fulfill our Kidney March commitment. We will make the boldest statement ever in the battle against kidney disease and for organ donation.

FAILURE IS NOT AN OPTION