



Creating a STRAVA account



Create your profile and then click 'continue.'

Create your profile

This will give you a place to store workouts and help your friends find you.

First Name

Last Name

Birthdate [?]


Gender [?]



You may be asked to connect with Facebook friends – you can decide whether you would like this to occur.



The following screen will appear, and you can elect to 'allow' or 'decline' whether heart rate data that may have been gathered on your watch can be uploaded to Strava.



Allow Access to Health-Related Data

Strava collects and uses health data from paired devices, like a heart rate monitor, to give you interesting and useful performance analysis. We collect this data only from sensors or devices you've connected to Strava. We do not share it without your consent.

[Learn more](#)

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Strava will then ask you whether you would like to receive regular email updates from them – choose your preferred option.



Can we keep you in the loop?

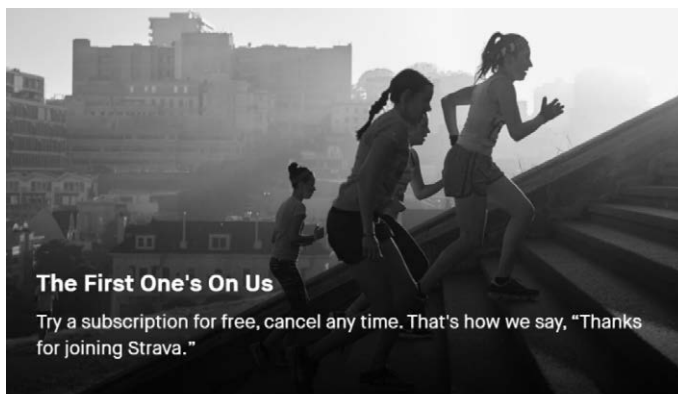
Once in a while, we'd like to email you quick updates about new features, personalized data visualizations or promotions and offers from Strava and its partners that we think you'll appreciate. And it's just some fun between us – we don't share or sell your contact information and you can change these settings at any time.

No

Yes please!

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The following screen will then appear:



Start Your Free Trial

Maybe Later

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Click 'Maybe Later' to avoid having to enter credit card details.

07

You can then 'Get started.'



Welcome, Kilbreda !

Start uploading activities, compete with friends, build your community and most importantly, have fun!

Get Started

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To join the 'Kilbreda College Go the Distance for Refugees' Club, click on the following link:

Kilbreda College
Following 0 Followers 0 Activities 0

Getting Started
We've listed a couple of steps to help you get set up on Strava.

Record your first activity
Set up your GPS device and seamlessly upload your workouts right to Strava. No device? No problem - record and connect anytime, anywhere with our mobile app.

Clubs on Strava
Why do it alone? Get more out of your Strava experience by joining or creating a Club.
[Find or Create a Club on Strava](#)

Your Friends On Strava
Find and invite friends to see their adventures and share some encouragement.
[Find and Invite Your Friends](#)

The First Month's On Us
Try Subscription for free, cancel anytime. That's how we say, 'Thanks for joining Strava'.
[Start 30-Day Free Trial](#)

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The following page will appear, and you will need to type in 'Kilbreda' and search for our club.

STRAVA Dashboard Training Explore Challenges Start Trial

Please verify your email address (ssmyth24@icloud.com). Check your inbox to complete verification. [Click here to resend email](#)

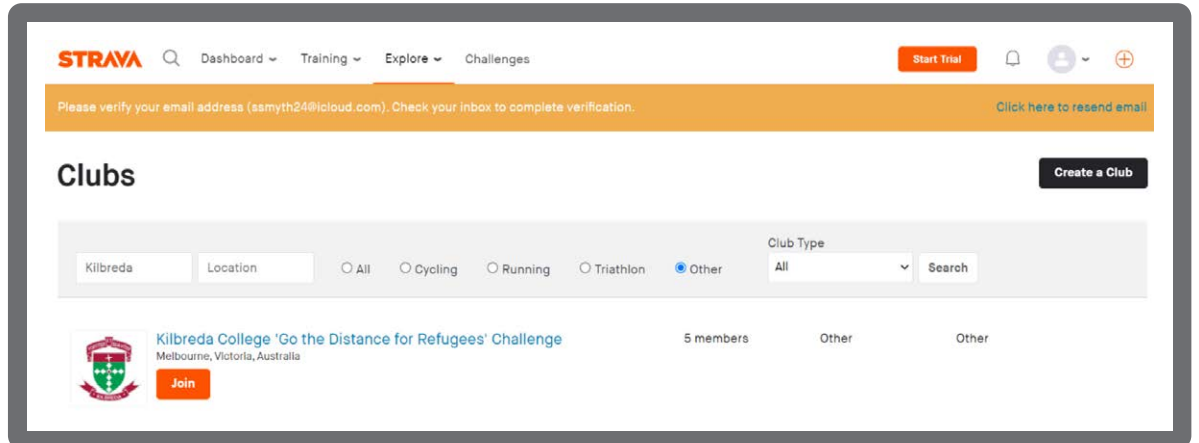
Clubs Create a Club

Kilbreda Location All Cycling Running Triathlon Other Club Type All Search

Search for a club above.

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The following page will appear, and you will need to click on the link to join the Kilbreda College 'Go the Distance for Refugees' Challenge.



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Once you have joined the club you are all set to go.

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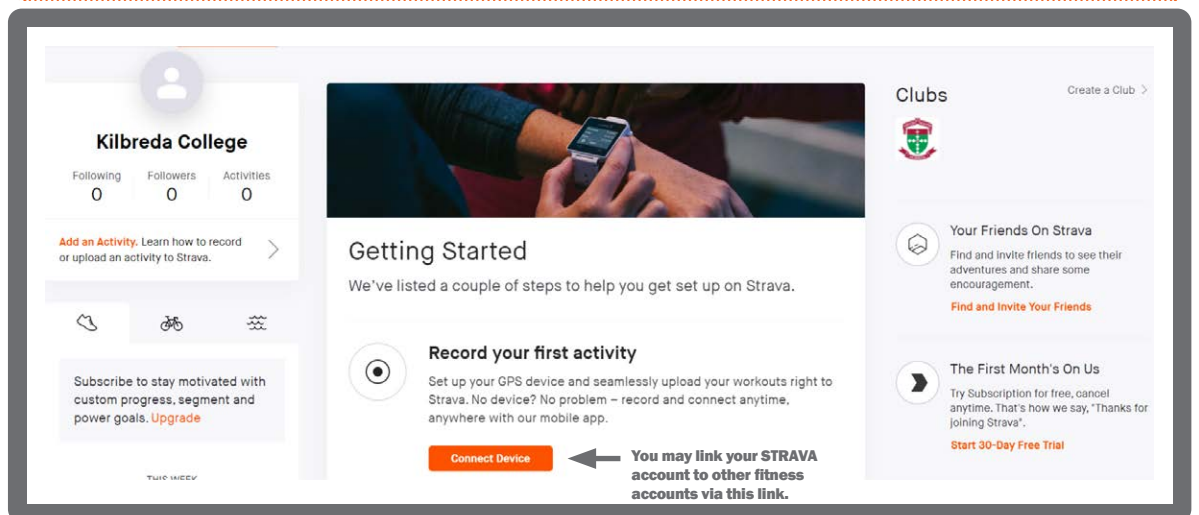
The easiest way to upload activity data to Strava is to download the free application on your mobile phone.

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Click on the 'Record' feature each time you engage in physical activity.

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You may also like to link your Strava account to another fitness app such as your Apple or Garmin watch via the following:



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All the best for the challenge. We look forward to you joining our community and participating in this challenge whilst raising much needed funds for the Brigidine Asylum Seekers Project.