Run with your fellow FNF alumni. Follow these easy steps to join the Freedom Journey ASIA Virtual Run!

Why we chose Strava to keep track of our Freedom Journey

Strava is a fitness app that measures your progress using its tracking tools. It shows your distance, time, pace, elevation, and more. You'll feel like an elite athlete!

Strava is pairable with most activity tracking devices such as Apple Watch, Fitbit, or Garmin.

It is also a "social network" for sports lovers: The platform makes it easy for you to share your activities (and lots of photos!) either within Strava or on other social media platforms such as Facebook, Instagram and Twitter, and messaging apps like WhatsApp and Viber. You can give motivation to your friends by giving them "kudos," and by inviting them to work out together.

How to join the Freedom Journey ASIA Virtual Run on Strava
Simply complete the registration form sent by your local FNF Office.

- **Already on Strava?**
 Look for the Freedom Journey ASIA Club, and request to join!

  1. Tap the "Explore" tab at the bottom of the screen and select "Clubs" tab at the top of the screen. You'll see a list of featured clubs, your clubs, and popular clubs near you.
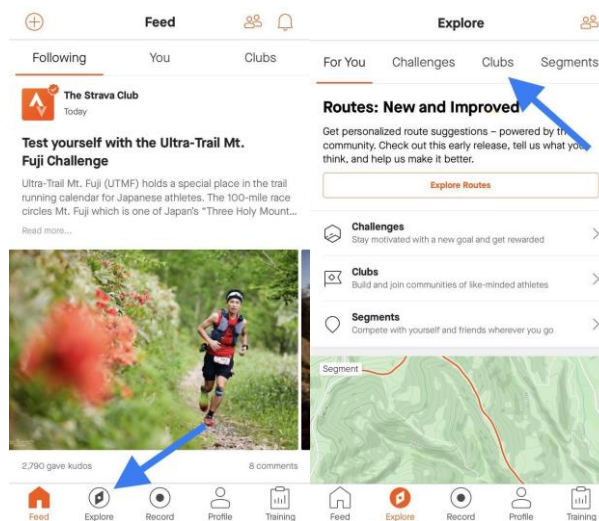
2. Search for Freedom Journey ASIA by tapping the "Find a Club" search bar on iOS and by tapping the magnifying glass at the top of the clubs landing page on Android. If needed, type "Anywhere" or "Bangkok" in the location search bar.
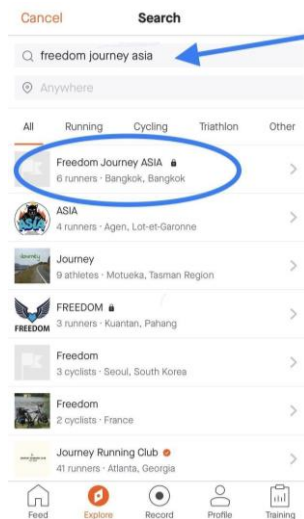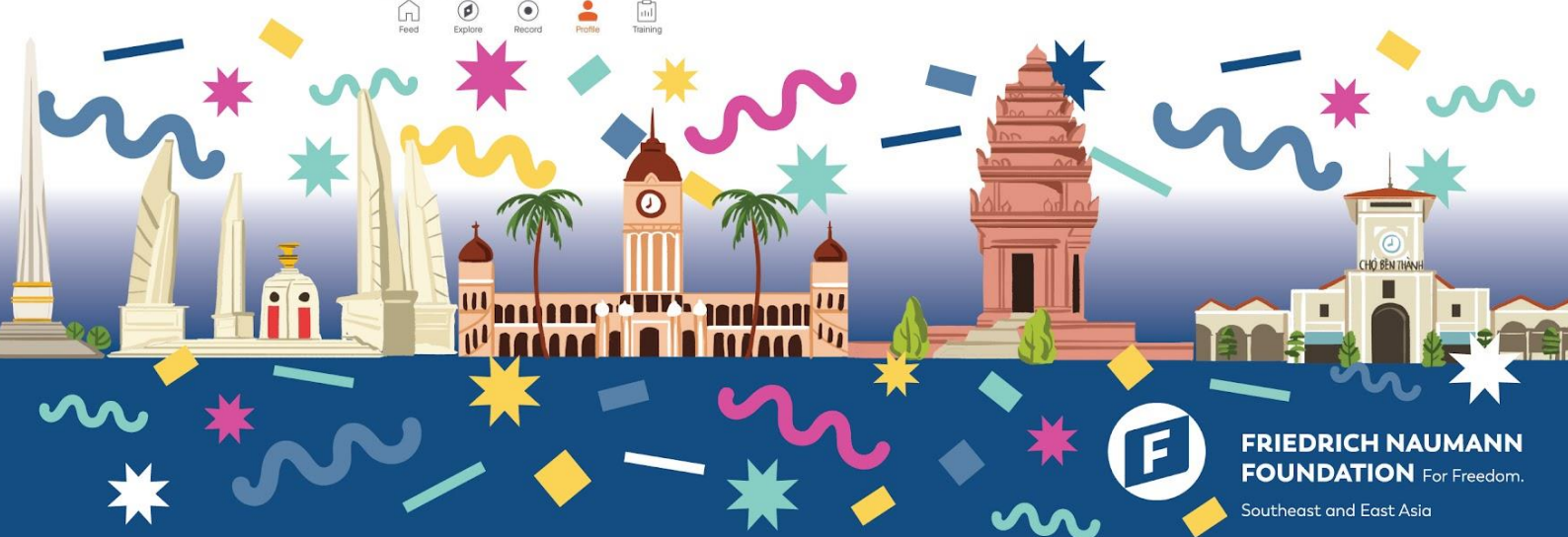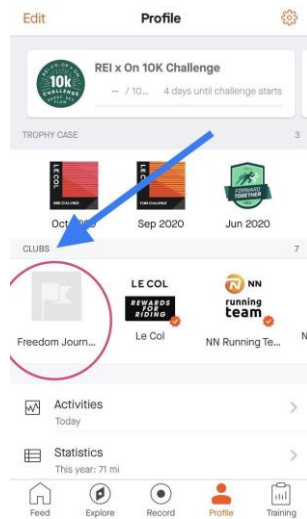
3. Tap "Request to Join" once you are in the Freedom Journey ASIA landing page.
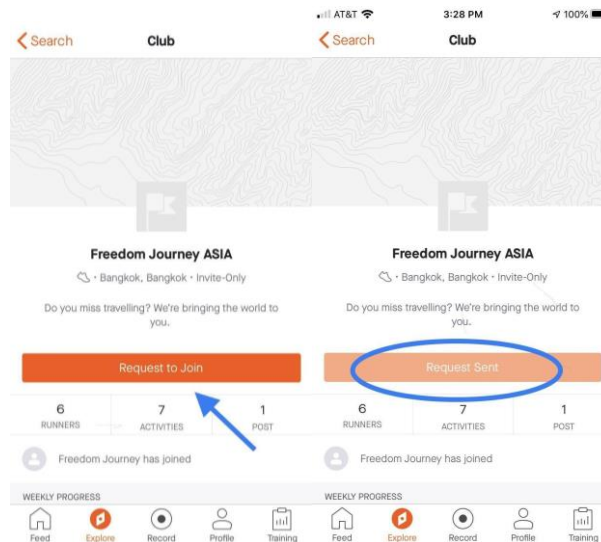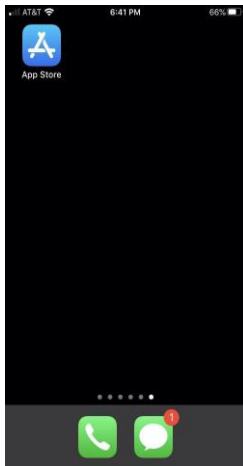

The organizers will verify and accept your request promptly!

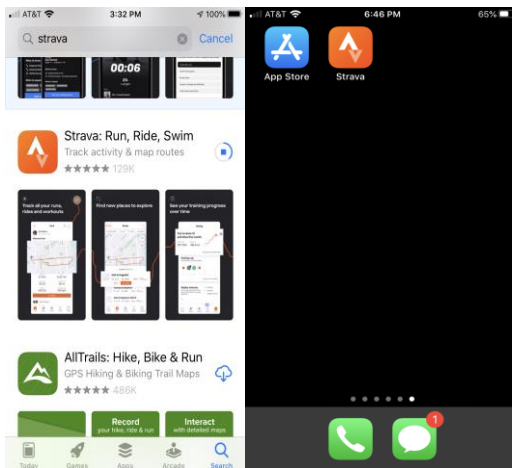Once accepted, your clubs can also be accessed via your profile.

- **Not yet on Strava?**
  Download the app. It's free!

1. Go to Apple Store or Google Play Store

   iPhone device is used for this demo

2. Search for "Strava" and download the app

3. Sign up using your e-mail/ Facebook account/ Google account/ Apple account

For this demo, Sign up with email is used

4. Create your free account and manage your preferences

5. When asked: "Ready to record?" → Click "Later"
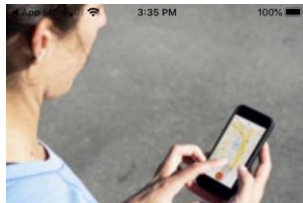
6. When asked: "Did someone tell you about Strava?" → Search for and follow Freedom Journey ASIA
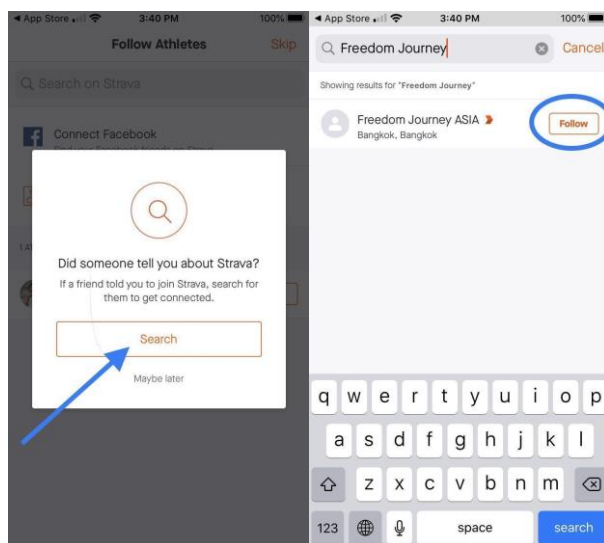
7. The organizers will verify and accept your request. We're now connected!
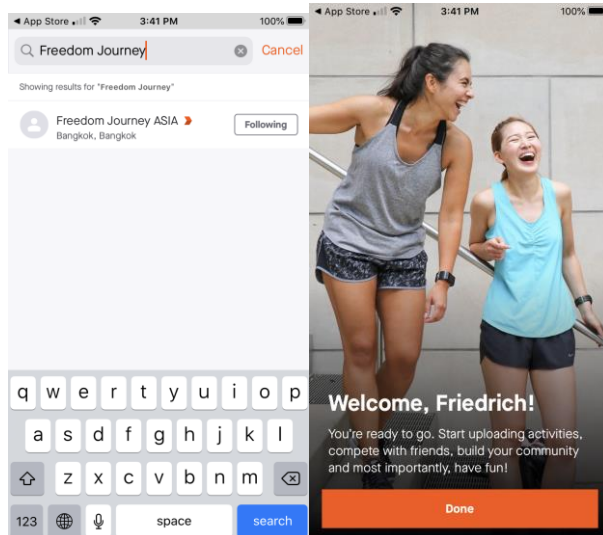
How to record your Freedom Journey with Strava (outdoor run)

- **Using your phone**

    1. Click "Record using this app"
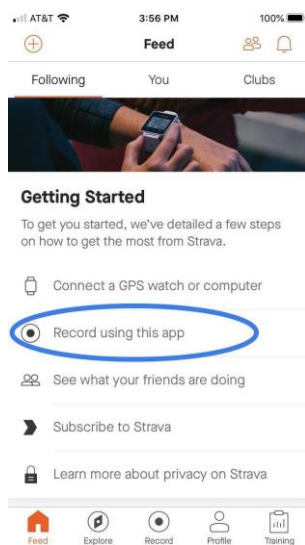
    2. "Allow" Strava to use your location
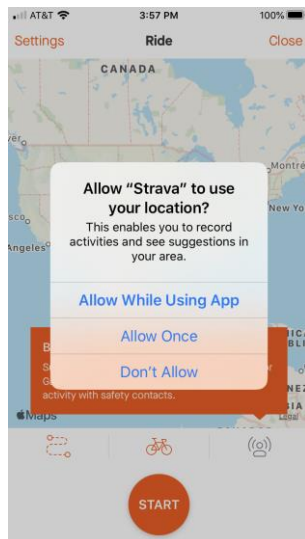
3. Choose a Sport: Click "Run"
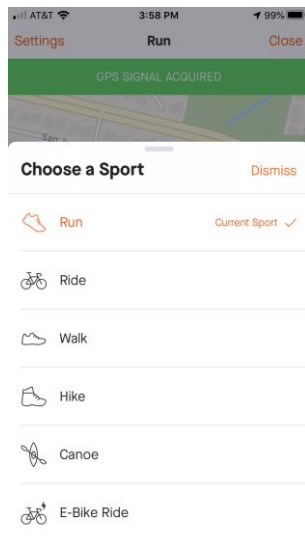
4. Click "START" and begin your run!

   Remember to carry your phone with you to record GPS and all your run data. Plus, this can be used to take your photos, an important requirement to enter the Freedom Journey ASIA contest!
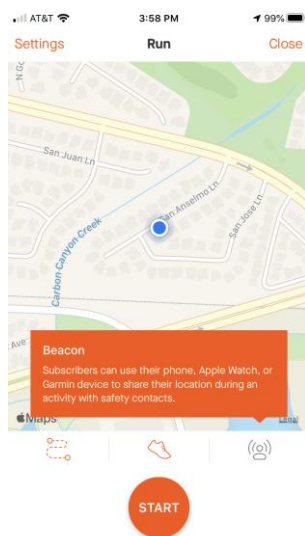
Two ways to view your run progress:
- Stats View
- Map View (click the little pin pointer icon)
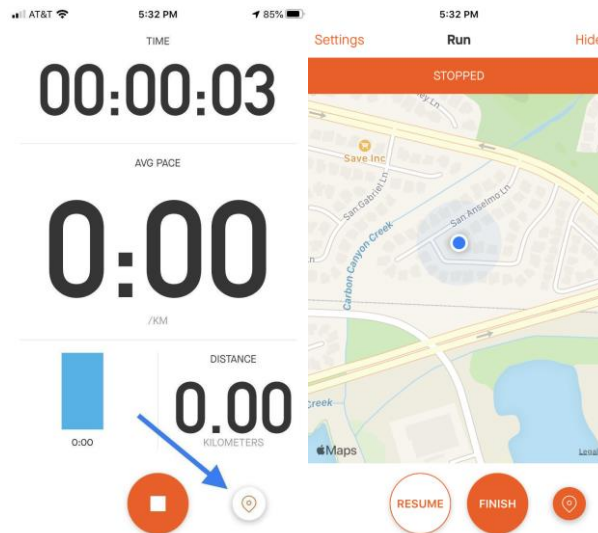
5. After your activity, press FINISH.
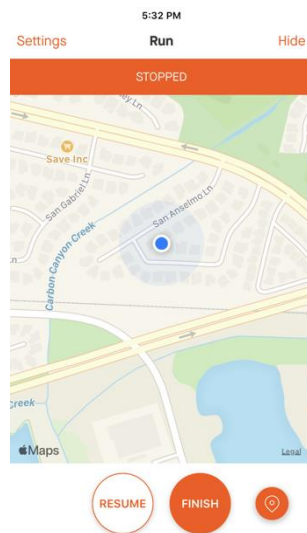
- **Connect a fitness tracker/ watch**
  (Follow the steps below for Apple Watch, Garmin or Fitbit)

  1. Click "Connect a GPS watch or computer"
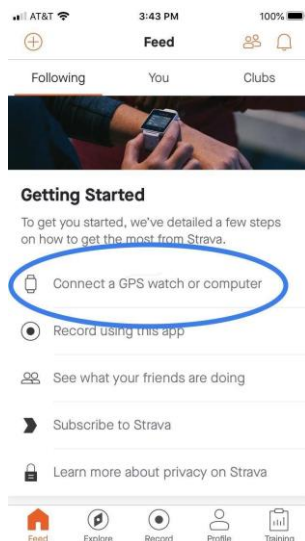
  2. Choose a Device Type
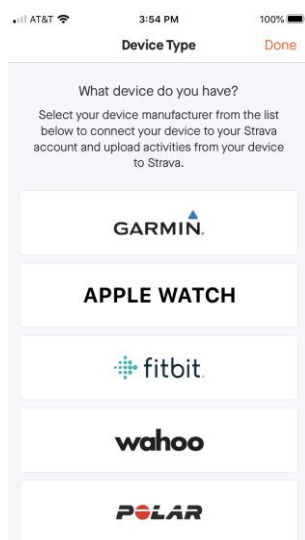
a. **for Apple Watch**
   (Note: Strava Apple Watch app supports watchOS 4.0 or later and iOS 10.0 or later)

   1. Open the "My Watch" section of the Apple Watch app on your phone.
   2. Find the Strava app to install on your watch. If it's already installed on your Watch, then open the app on your Watch. If it's not installed, tap on Install next to Strava in the Watch App.
   3. Open the Strava app on your Watch. You will be prompted (on your phone) to authorize Strava for Apple Watch.
   4. Hit "Record" and start running!
      ▪ The first time you record you will be prompted to accept location, Health permissions, legal disclaimer, and notifications when you open the Apple Watch app.
   ▪ You can select your Sport Type (Outdoor Ride or Run, Indoor Run, Hike or Outdoor Walk) change your Auto-Pause settings, and choose your units of measurement.
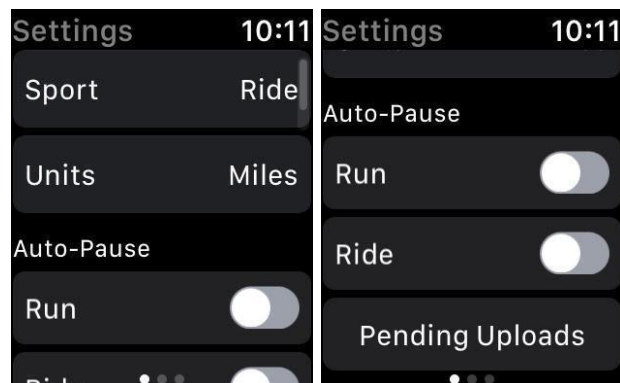
- ▪ When you've finished recording, hit Stop to see the resume/finish screen. Hit Finish (flag icon) to finish the activity and be taken to the summary screen. Tap Save to upload the activity.
- ▪ The next time you are within range of your phone, your activity will upload to Strava automatically. You will get a notification when your activity is ready.
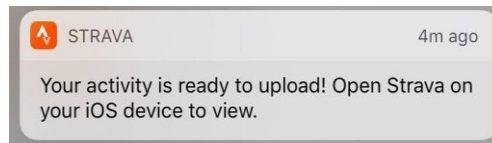
5. For more info on how to record your run with specific Apple Watch series, check out: https://support.strava.com/hc/en-us/articles/115000161184-Strava-Apple-Watch-App

b. **for Garmin**
1. If you already have a Garmin account and Garmin Connect mobile app on your device, simply follow the "Connect Garmin" instructions on Strava.
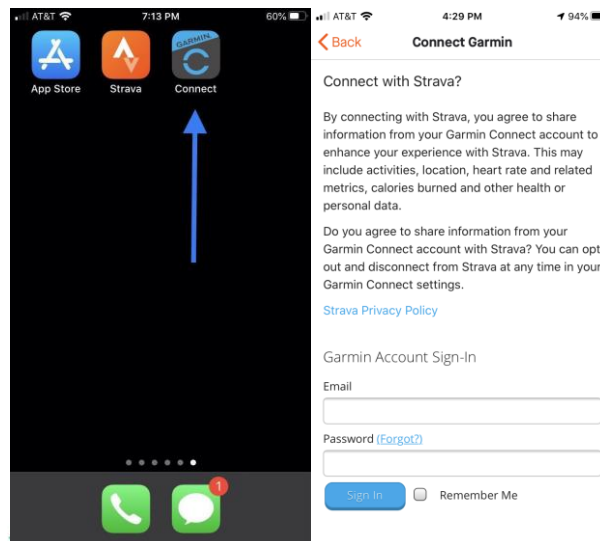
2. To link Garmin and Strava via Garmin Connect mobile app:
    - If your Garmin device is Bluetooth-enabled, you can download the Garmin Connect mobile app, create a Garmin Connect account, and link to your Strava account by going to Settings > Partner Apps > Strava.
    - Accept the "Upload your activities from Garmin Connect to Strava" permission when authorizing accounts.
    - Disabling this permission will prevent past and future activity sync.
    - Once activities are wirelessly uploaded to Garmin Connect via Bluetooth, they will appear on Strava a few moments later.
    - After your first upload, Garmin will also sync your past 90 days of activity to Strava.

3. For more info about using Garmin Connect with Strava, check out: https://support.strava.com/hc/en-us/articles/216918057-Garmin-and-Strava

c. **for Fitbit**

   1. Make sure you have a Fitbit Account and app
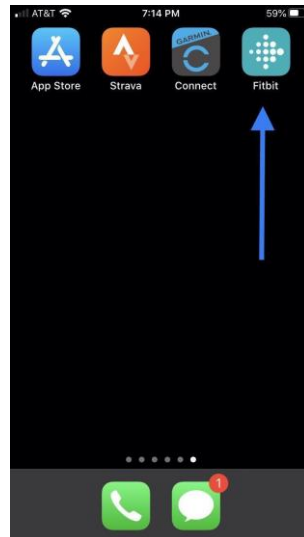
   2. From Strava, simply authorize the connection between Fitbit and Strava by following the sign-in instructions; or
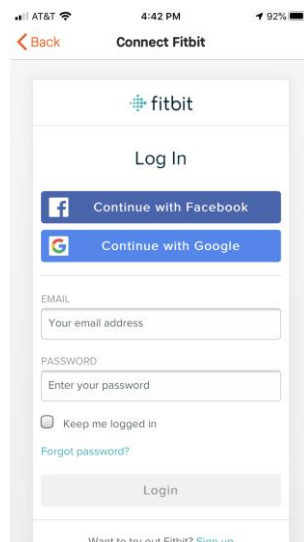
3. From the Strava mobile app go to Settings > Applications, Services, and Devices > Connect a new device to Strava > Fitbit.
4. For more info about using Fitbit with Strava, check out: https://support.strava.com/hc/en-us/articles/216918087-Fitbit-and-Strava

How to record your Freedom Journey with Strava (indoor run)

- ## With a fitness tracker/ watch

  Apple Watch and Garmin will record your or treadmill or stationary run similar to how it does with outdoor run. Your run details will be automatically reflected on your Strava feed.

  Refer to section "How to save your run details and upload your photo for the contest" to edit your title and upload a photo.

 For Fitbit, manual uploading has to be performed (see below).

- ## Without a fitness tracker/ watch

  You can add your Freedom Journey run details to Strava even if you didn't record it with a GPS device: 1) by creating a manual activity, and 2) by uploading a photo that will serve as proof of your activity. This will be the screenshot of your run data from your chosen health app. This also applies to Fitbit users who are planning to run indoors, or where GPS will not be enabled.

  Uploading Manual Activities after your run:

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

    On Android: Select the plus sign icon on the bottom right of your feed and select Manual Activity.
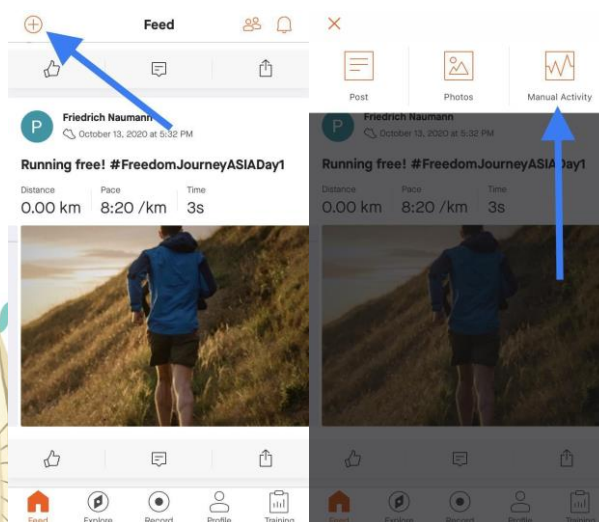
- Select your sport ("Run" should be selected for Freedom Journey event), and enter time and distance and other required fields. Refer to the recorded data of your app (e.g. Fitbit, Apple Health, or Android app).
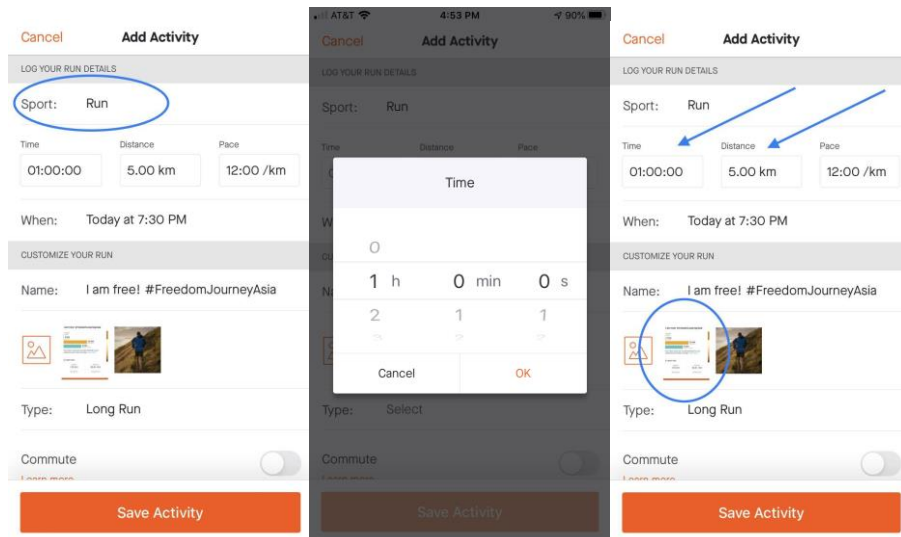
- Apart from uploading your Freedom Journey photos, add a screenshot of your run data from your chosen health app. Here are some samples of proof of activity that you can include:

  - Run details from Fitbit mobile app
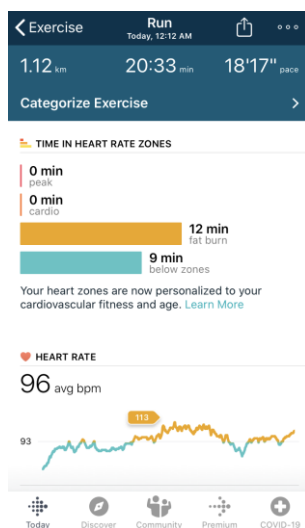
▪ Data from Apple Health mobile app
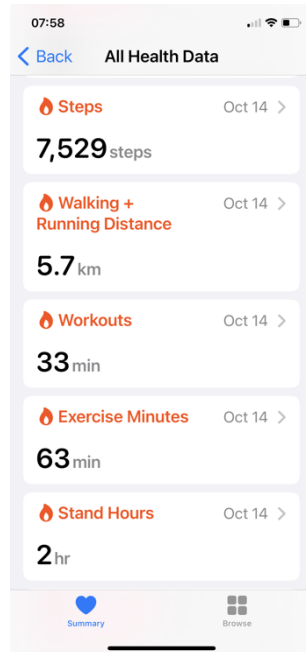

▪ Click Save Activity or Create.

How to save your run details and upload your photo for the contest
Make sure to take photos to document your Freedom Journey!

1. Title your run and include the hashtag #FreedomJourneyASIA.

If you're planning to have multiple run days to complete your Freedom Journey, use the hashtag #FreedomJourneyASIADay<> on all your activity titles. (Ex. For Day 1: Running Free #FreedomJourneyASIADay1; For Day 2: Morning run #FreedomJourneyASIADay2; For Day 3: Last day of my Freedom Journey! #FreedomJourneyASIADay3; and so on)

Follow the same procedure for Manual Activities.
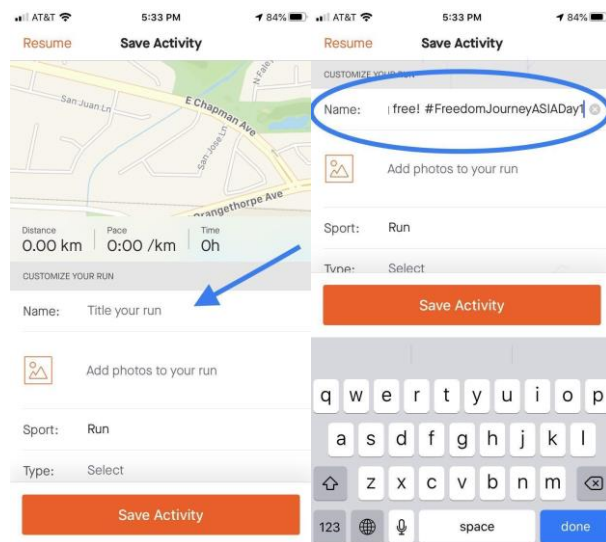
2. Add your photo/s to the app. Make sure to upload the one that you will use to enter the contest.
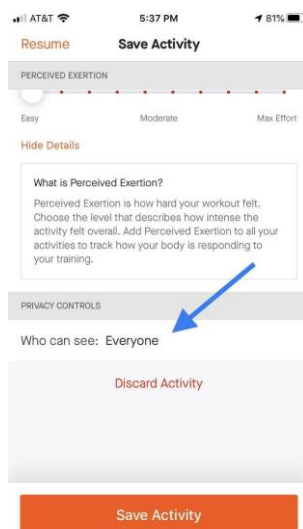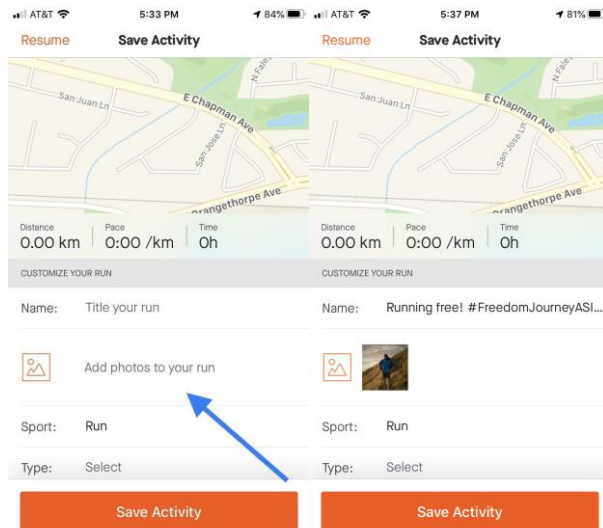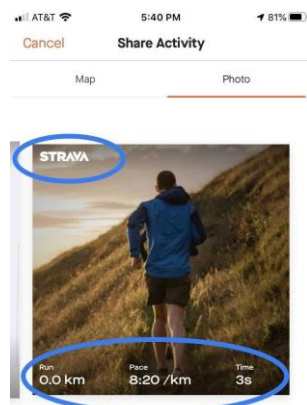
3. Share your photo and enter the Freedom Journey ASIA contest

- Make your activity viewable by "Everyone"

- Click the "Share Activity" icon

- Choose the photo you wish to use to enter the Freedom Journey contest. This photo will include Strava's "overlaid stats." (Note: Manually inputted runs will not generate overlaid stats.)
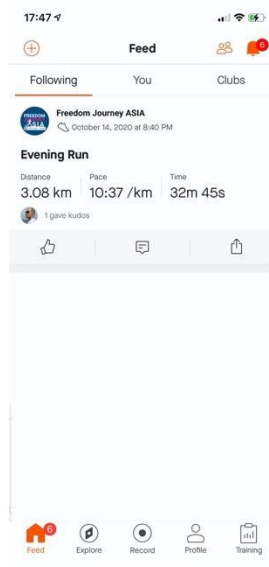
▪ Click the Facebook icon and share on The Parasol Project Group. Remember to add a caption to describe your Freedom Journey!
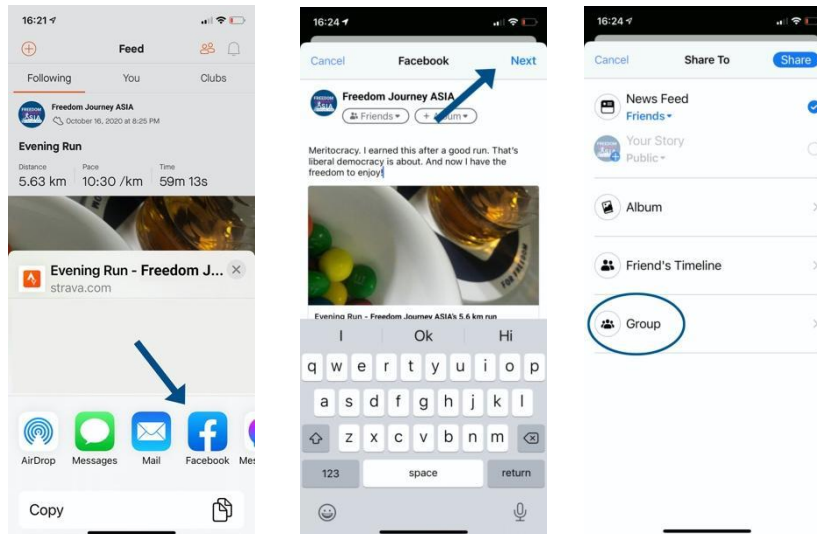
Note: If you're using a fitness tracker, your run details are automatically saved on
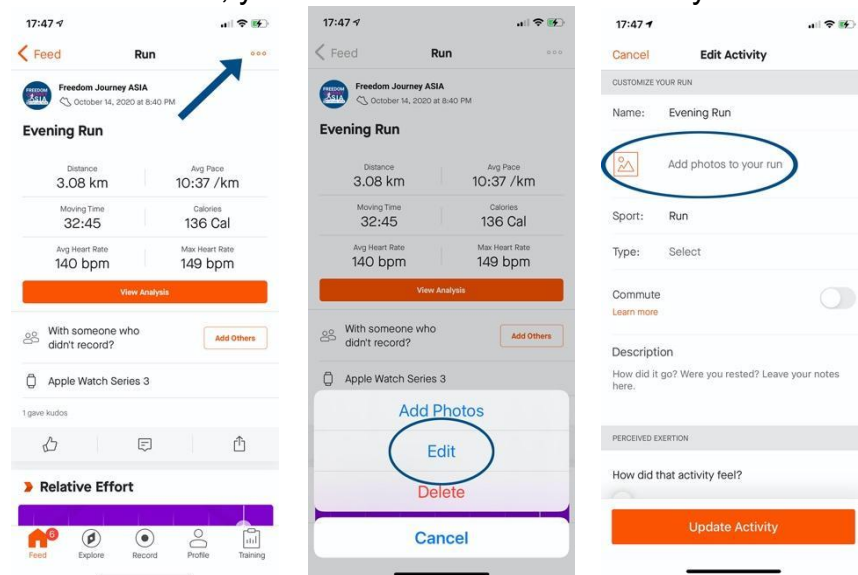
your Strava feed. To edit the title and upload a photo, click on the Activity and tap "…" on the upper right-hand corner.

Additional Info

You have 14-20 November (7 days) to complete the 5-km Freedom Journey ASIA Virtual Run.

The event starts and ends based on the runner's local time zone.

Only run activities recorded from 14-20 November will count towards the Freedom Journey ASIA Virtual Run.

We expect all participants to abide by all health advisements and restrictions in your area prior to undertaking any physical activity.

We expect that all participants acknowledge that they are participating in the activity outlined by this virtual event by their own free will and at their own personal risk; that they are medically able to perform this event, properly trained and in good health.

For questions, email run@freedomjourney.asia