Follow these easy steps to join the Freedom Cycle Virtual Edition!

Why we chose Strava to keep track of our Freedom Cycle Virtual Edition
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.
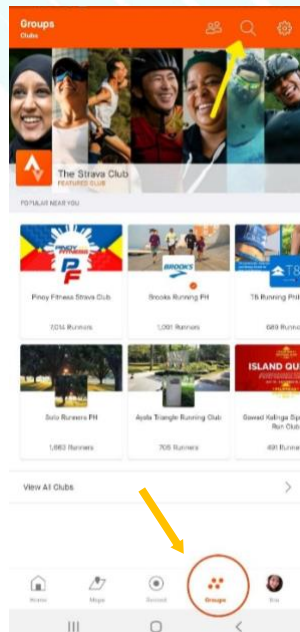
How to join the Freedom Virtual Cycle on Strava
Simply complete the registration form here: bit.ly/FreedomCycle2022

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

  1. Tap the "Groups" tab at the bottom of the screen and select "Search Icon" 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 Cycle Club 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.
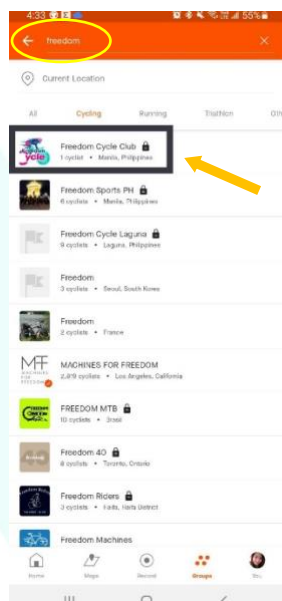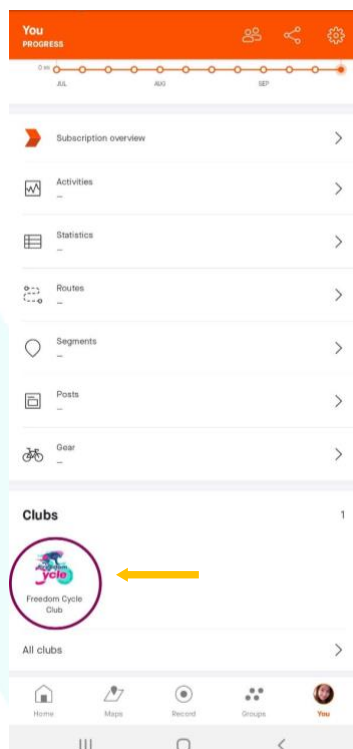
3. Tap "Request to Join" once you are in the Freedom Cycle Virtual Edition landing page.
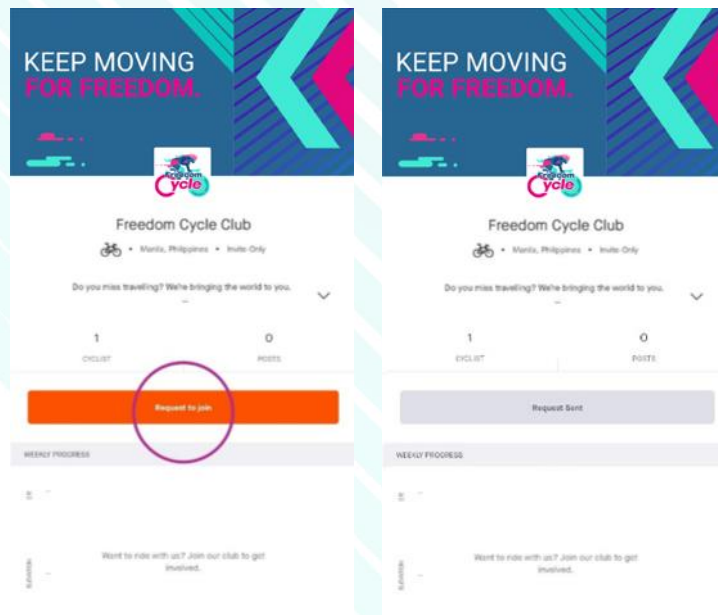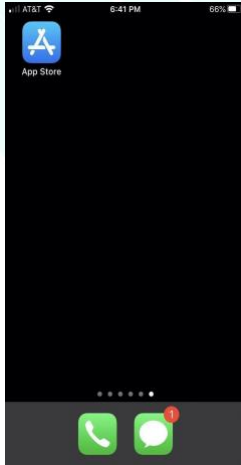

The organizers will verify and accept your request promptly!

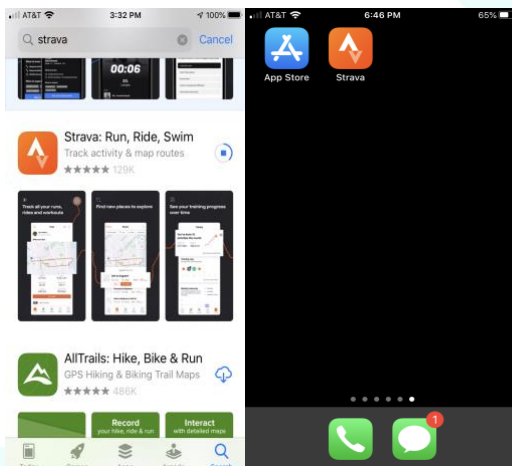Once accepted, your clubs can also be accessed via your profile.

- **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

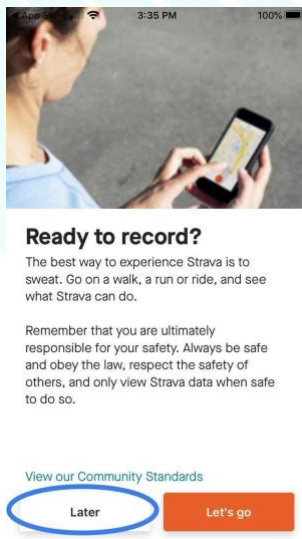**For this demo, Sign up with email is used**
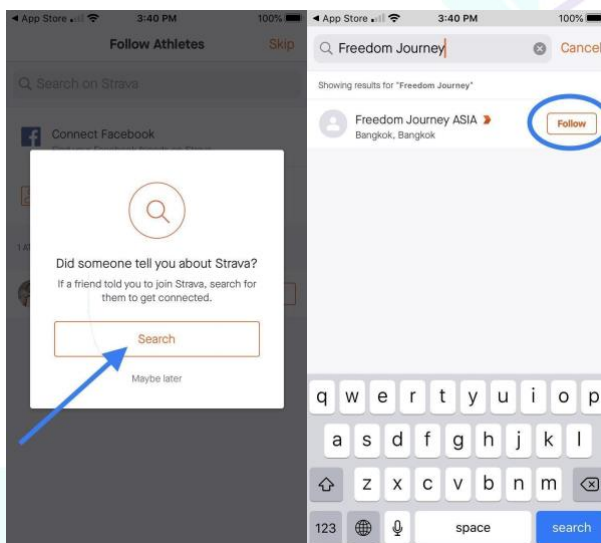
4. Create your free account and manage your preferences
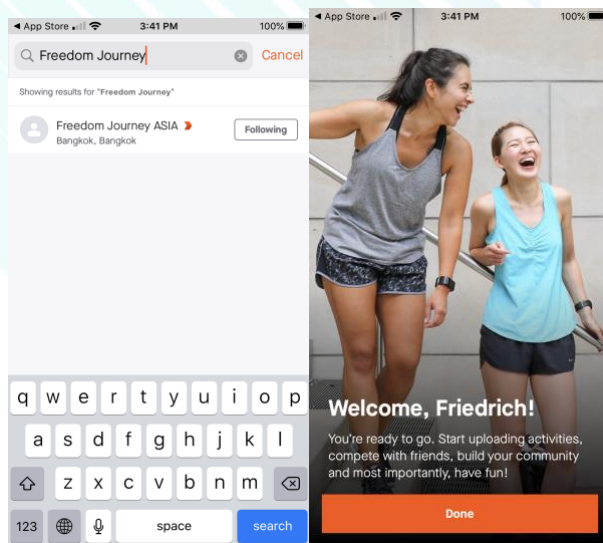
5. When asked: "Ready to record?" → Click "Later"

6. When asked: "Did someone tell you about Strava?" → Search for and follow Freedom Cycle
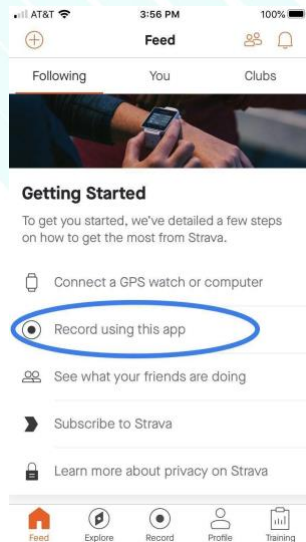
7. The organizers will verify and accept your request. We're now connected!

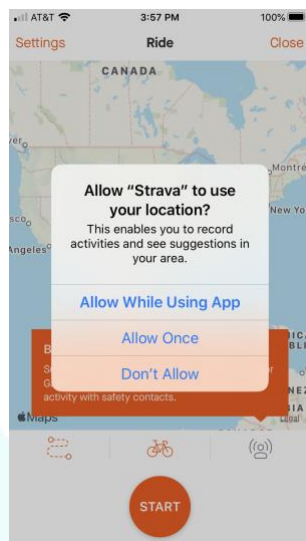**How to record your Freedom Cycle with Strava (Outdoor Ride)**

▪ **Using your phone**

    1. Click "Record using this app"

    2. "Allow" Strava to use your location

3. Choose a Sport: Click "Ride"
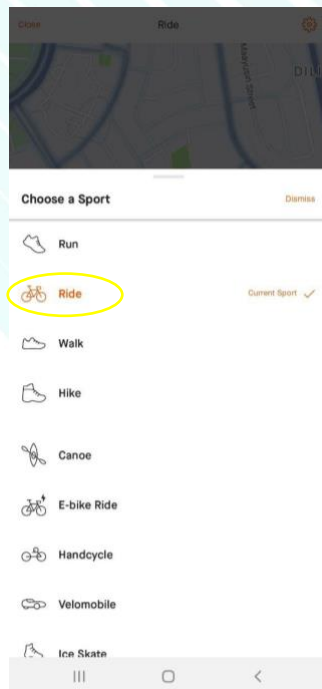
4. Click "START" and begin your Ride!

   Remember to carry your phone with you to record GPS and all your Ride data. Plus, this can be used to take your photos, an important requirement to enter the Freedom Cycle!
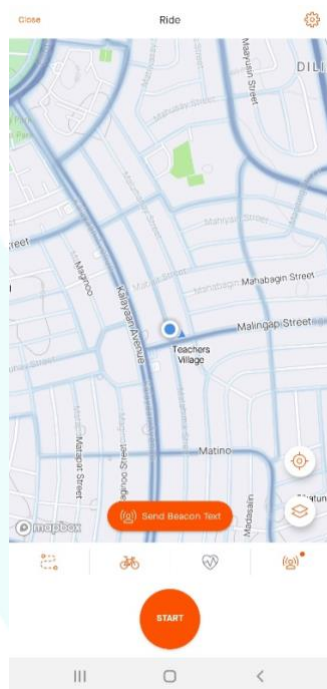
Two ways to view your Ride progress:
- Stats View
- Map View (click the little pin pointer icon)
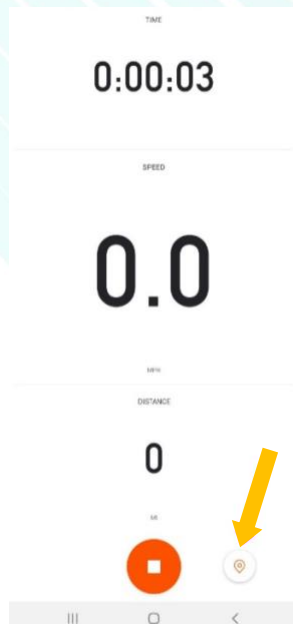
5. After your activity, press FINISH.

- **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.
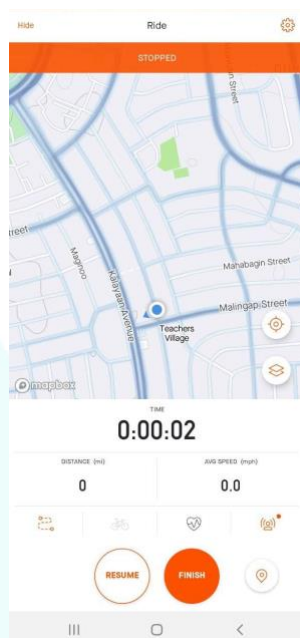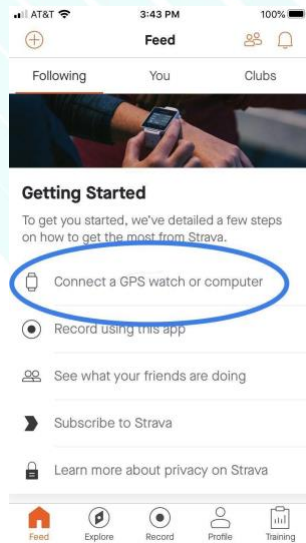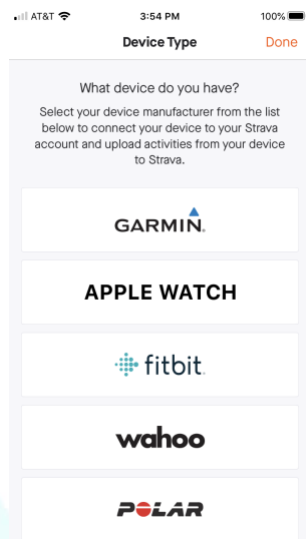2. Find the Strava app to install on your watch. If it's already installed on your Watch, then open the app on your Watch. If it's not installed, tap on Install next to Strava in the Watch App.
3. Open the Strava app on your Watch. You will be prompted (on your phone) to authorize Strava for Apple Watch.
4. Hit "Record" and start riding!
   - 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, change your Auto-Pause settings, and choose your units of measurement.
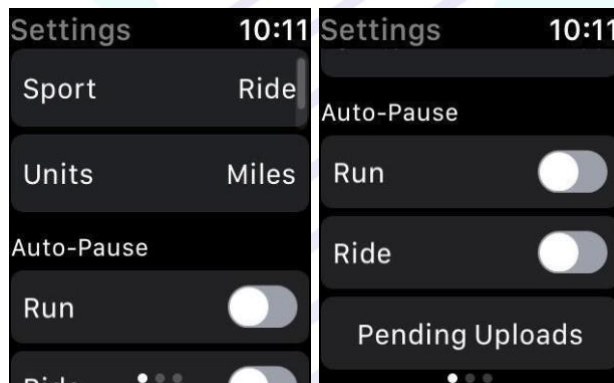
   - When you've finished recording, hit Stop to see the resume/finish screen. Hit Finish (flag icon) to finish the activity and be taken to the summary screen. Tap Save to upload the activity.
   - The next time you are within range of your phone, your activity will upload to Strava automatically. You will get a notification when your activity is ready.
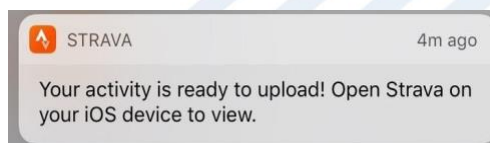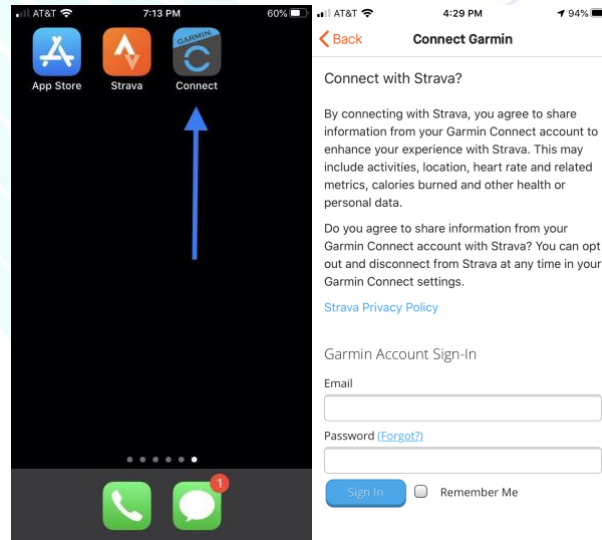

5. For more info on how to record your run with specific Apple Watch series, check out:

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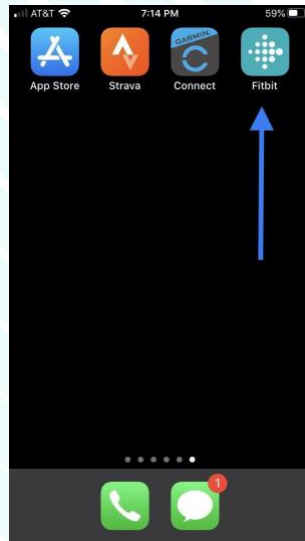
2. From Strava, simply authorize the connection between Fitbit and Strava by following the sign-in instructions; or
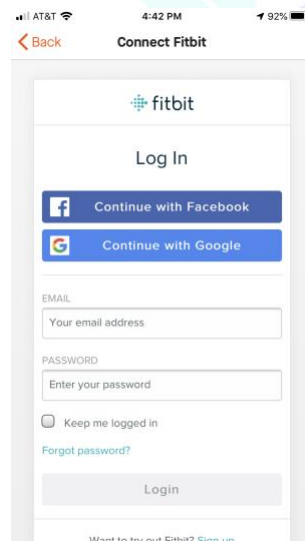
3. From the Strava mobile app go to Settings > Applications, Services, and Devices > Connect a new device to Strava > Fitbit.
4. For more info about using Fitbit with Strava, check out: https://support.strava.com/hc/en-us/articles/216918087-Fitbit-and-Strava

How to record your Freedom Cycle with Strava (Indoor Ride)

Record your exercise on your spin bike 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 Ride data from your cadence sensor.
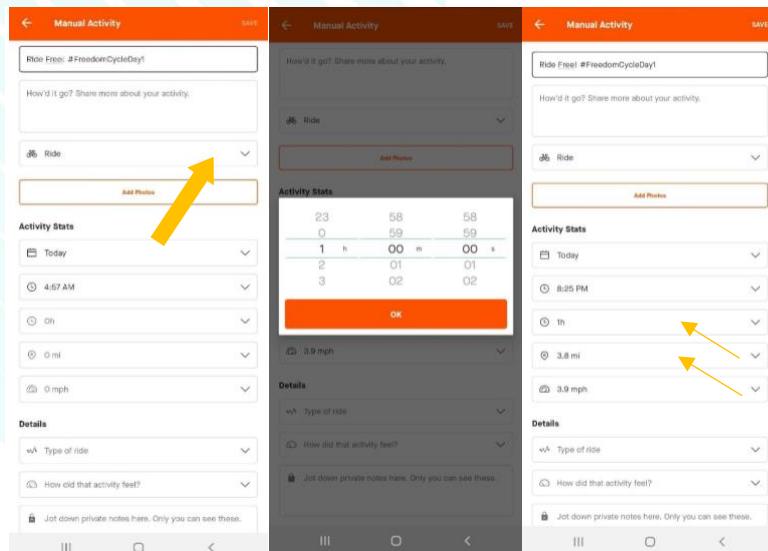
Uploading Manual Activities after your Ride:

- 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.
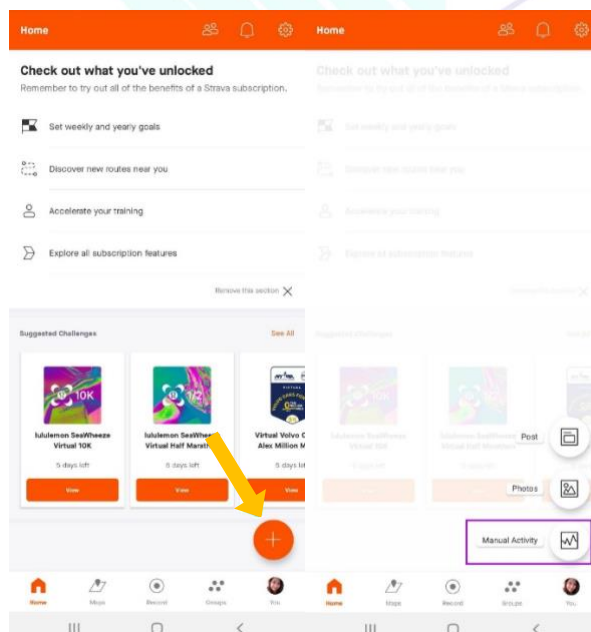
- Select your sport ("Ride" should be selected for Freedom Cycle event), and enter time and distance and other required fields.

- Add a screenshot of your Ride data from your cadence sensor, and other photos that you would like to share.

- Click Save Activity or Create.

**How to save your Ride details and upload on
Freedom Cycle Club Facebook Group**

Make sure to take photos to document your Freedom Cycle!

1. Title your Ride and include the hashtag #FreedomCycle.

If you're planning to have multiple ride days to complete your Freedom Cycle, use the hashtag #FreedomCycle<> on all your activity titles. (Ex. For Day 1: Ride Free #FreedomCyleDay1; For Day 2: Morning run #FreedomCycleDay2; For Day 3: Last day of my Freedom Cycle! #FreedomCycleDay3; and so on)

Follow the same procedure for Manual Activities.

2. Add your photo/s to the app.
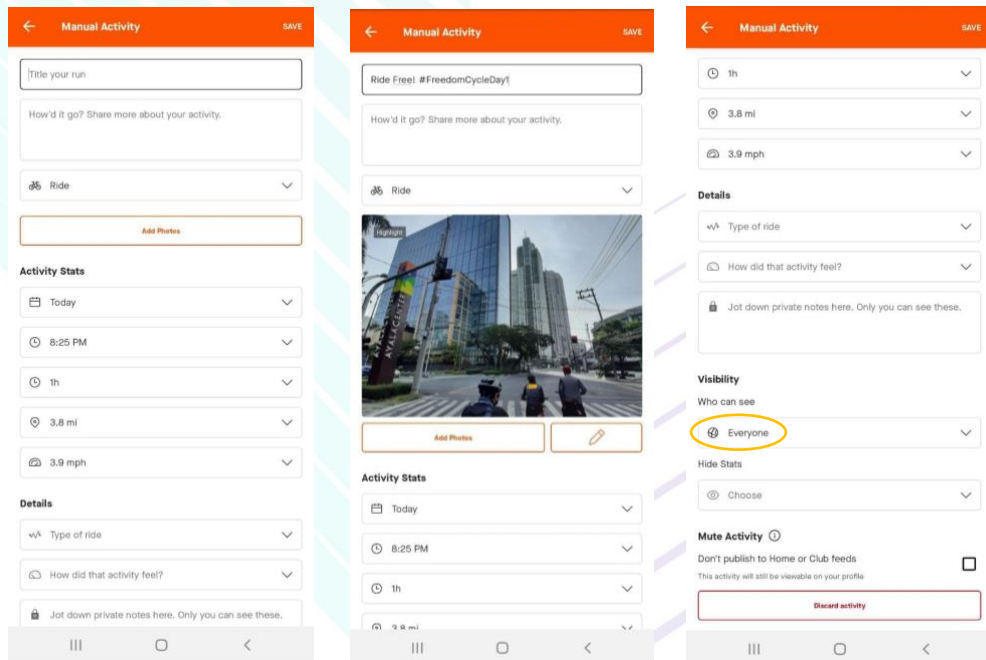
3. Share your photo
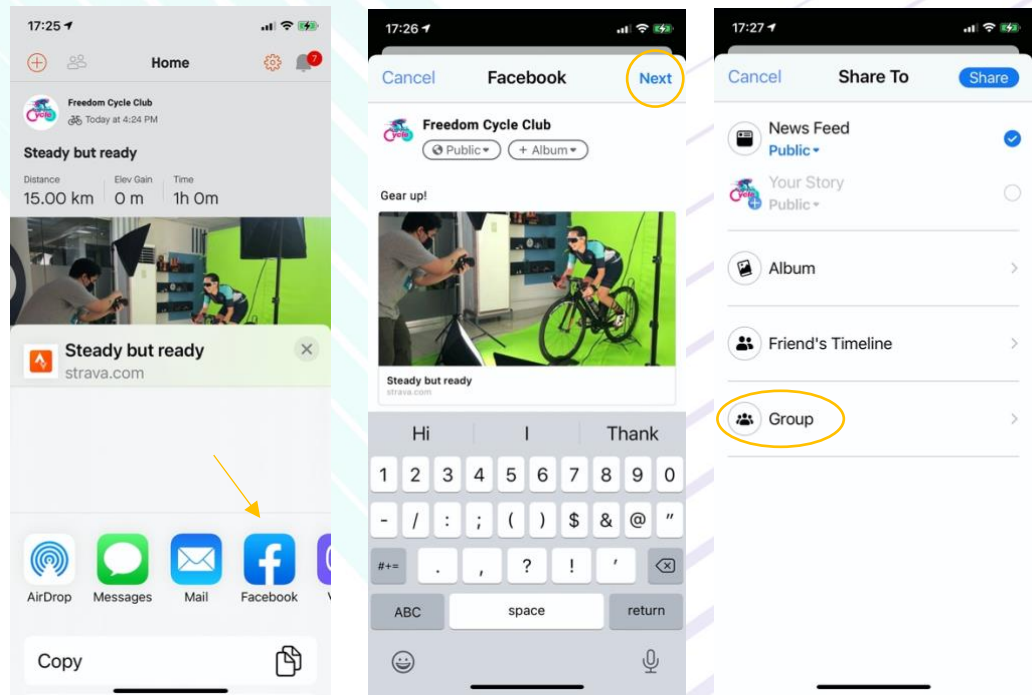
- Make your activity viewable by "Everyone"

- Click the "Save" icon
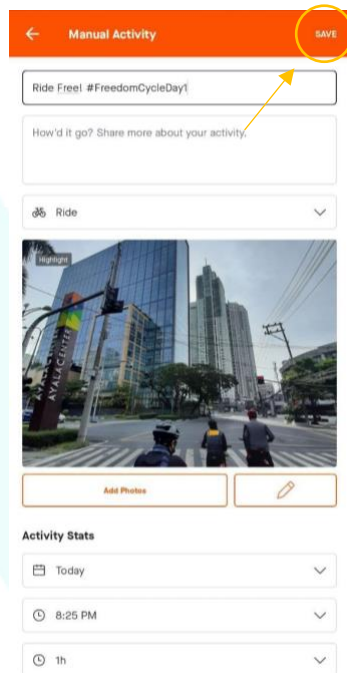
- Choose the photo you wish to share. This photo will include Strava's "overlaid stats."
  (Note: Manually inputted Ride will not generate overlaid stats.)

- Click the Facebook icon and share on Freedom Cycle Club Group. Remember to add a caption to describe your Freedom Cycle!

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.
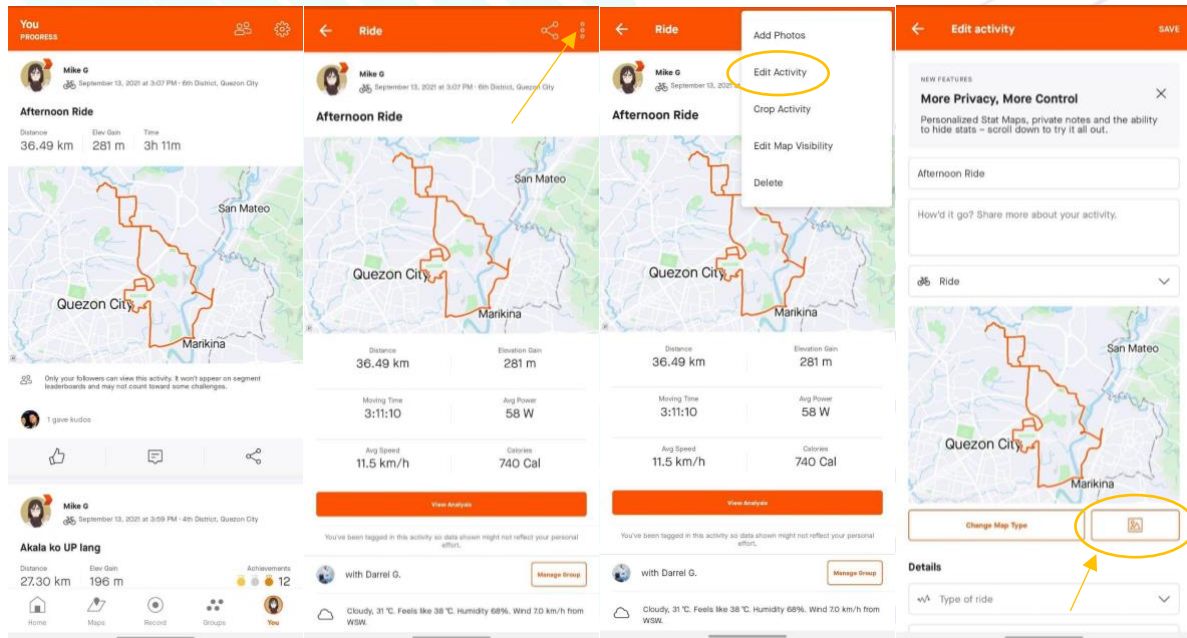
Additional Info

You have five days (July 25-29) to complete 50 kilometers for Freedom Cycle Virtual Edition.

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

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 freedomcycle.ve@gmail.com