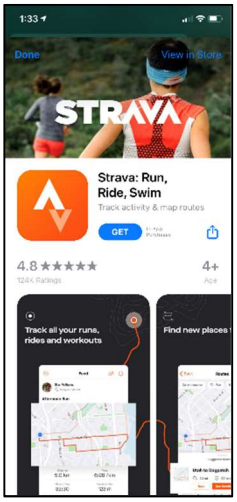
How to Create a Strava Account – Smartphone



1. Go to the app store on your smartphone and search "Strava." Download the app. Sign up using your email address:
   a. Enter your email address and a password of your choice. Be sure to write your password down in a safe place in case you forget!
2. **Create your profile** by entering the following information and pressing continue.
   a. First Name
   b. Last Name
   c. Birthday
   d. Gender
3. **Optional, but Recommended:** you may connect a fitness device (e.g. Fitbit, Apple Watch, Garmin watch, etc.) to your Strava account. By doing this, any workout that you log on your device will be automatically added to your Strava dashboard.
   a. Click on "Profile" > "Applications, Services and Devices"
   b. Click "Connect a new device to Strava," and follow the prompts.
   c. If you see your device listed, click "Get Started" underneath its photo, and follow the prompts
   d. You can also use the Strava mobile app to track your workout. At the bottom of your Strava home screen, press "Record" and select your activity by clicking the icon in the middle of the screen. Press "Start" to begin. Your location services must be turned on

4. If at any point Strava asks you to upgrade or pay for the app, you can decline the offer by pressing "Cancel" and/or "Maybe Later." **Your Strava account is free of cost.** You can check your membership type in your account settings, it should be listed as "Free."
5. Join your Special Olympics Club
   a. On the homepage, click "Explore" > "Clubs"
      i. In the search bar, type in your club information, as provided by your Program
      ii. Click on your club from the list of results, and once at the club page, press "Request to Join"
   b. Your Program may also send you an invitation link that will send you directly to your club's page to join

If you have any questions about creating your Strava account, please email sonastride@specialolympics.org