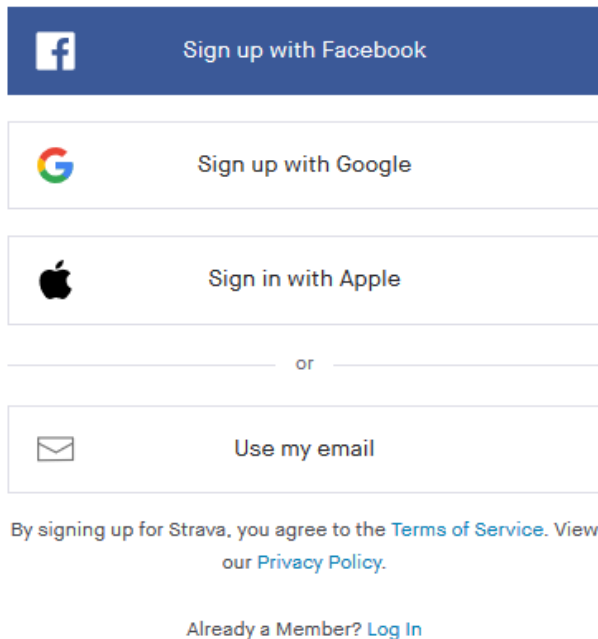


How to Sign Up on a Desktop

1. Go To: www.strava.com
2. Click one of the sign up options listed below:



Sign up with Facebook

Sign up with Google

Sign in with Apple

or

Use my email

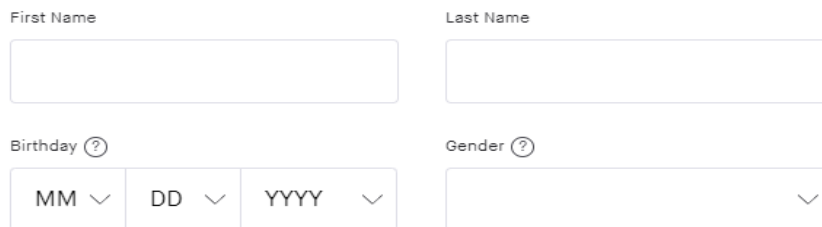
By signing up for Strava, you agree to the [Terms of Service](#). View our [Privacy Policy](#).

Already a Member? [Log In](#)

3. Complete your profile:

Create your profile

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



First Name

Last Name

Birthday [?]

Gender [?]

4. Click continue



How to Sign Up on a Desktop

5. Get Familiar with your Dashboard

STRAVA Dashboard Training Explore Challenges Start Free Trial

Leslie Silverman
Following 0 Followers 0 Activities 0

Add an Activity. Learn how to record or upload an activity to Strava.

Subscribe and stay motivated with custom progress, segment and power goals. Upgrade

THIS WEEK
0 mi

THIS YEAR
TODAY

Manage Your Goals

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.

Connect Device

See what your friends are doing

Find your Facebook friends on Strava or invite them to join you. Cheer them on, discover new workouts and start training with the athletes you already know.

Connect Facebook

Privacy on Strava

Learn more about Strava's privacy controls and customize your profile settings.

Privacy Settings

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 Summit for free, cancel anytime. That's how we say, "Thanks for joining Strava".

Start 30-Day Free Trial

A. Connect a device to your account to track your activity, fitbit, apple watch, garmin, etc.

B. Connect with your Facebook to easily share your activities to friends

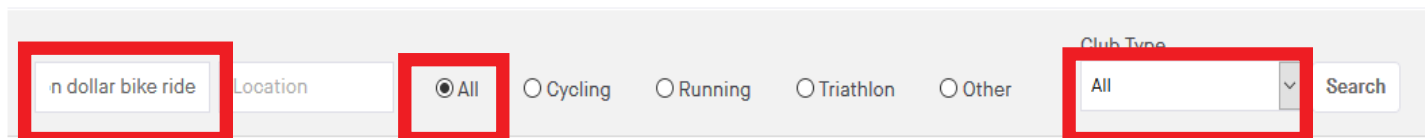
C. Add activity by entering it manually or uploading it from a device

D. Join clubs on Strava

How to Sign Up on a Desktop

6. Join the Million Dollar Bike Ride Club

- a. Click "find or create a club on Strava" or "view all clubs"
- b. Enter "Million Dollar Bike Ride", and click "all" in both are as before clicking "search"




Search bar with the following elements highlighted in red boxes:

- Search input field containing "n dollar bike ride"
- Radio button labeled "All" (selected)
- Dropdown menu labeled "All" (selected)

Search for a club above.

c. Double click the below club to access club page



Million Dollar Bike Ride  2 members Other CI

Philadelphia, Pennsylvania

d. Click "Request to Join"



Million Dollar Bike Ride

 Philadelphia, Pennsylvania
<https://www.milliondollarbikeride.org/>

The Million Dollar Bike Ride brings over 750 cyclists and volunteers to Penn's campus to ride either 13, 34, or 72 miles starting in the city, and ranging across the Greater Philadelphia region. In six years, the MDBR's 30+ teams have raised over \$10 million to fund research grants on the diseases they represent. The ODC ensures that 100% of the funds raised goes towards these pilot grants, with no overhead taken out.

[Request to join](#)

- e. Once you are accepted into the club your activity will be linked automatically to the club page

How to Sign Up on a Desktop

7. Add activity by either uploading from your device or by entering it manually

The screenshot shows the Strava website interface. At the top, there is a navigation bar with the Strava logo, a search icon, and links for Dashboard, Training, Explore, and Challenges. A 'Start Free Trial' button is also present. A notification bell icon and a user profile icon are visible. A red box labeled 'A' highlights a '+' icon in the top right corner. Below the navigation bar, a yellow banner contains a message: 'Please verify your email address (lstanton42@gmail.com). Check your inbox to complete verification.' with a link 'Click here to resend email'. The main content area is titled 'Manual Entry'. On the left, there is a vertical menu with options: Device, File, Manual (highlighted with a red box labeled 'B'), and Mobile. The main form has several input fields: 'Distance' (with a dropdown set to 'miles'), 'Duration' (1 hr, 0 min, 0 s), 'Elevation' (with a dropdown set to 'feet'), 'Sport' (Run), 'Date & Time' (04/30/2020, 1:50 PM), and 'Title' (Afternoon Run).

A. Click the "+" to input an activity

B. Choose one of the options to the left to input your activity

Once you input your activity into Strava it will appear on your dashboard and also on the club page. You are now on your way to logging miles for the MDBR 2020!