



2021 Virtual Fun Run & Walk 5K Instructions

1. Download the Strava App



2. Create an account. It is Free (30 day trial).

3. Create your profile.

8:02
Search

Create your profile

The profile is the home of your activities and how friends find you on Strava. It's public by default, but you can change that at any time in your Privacy Controls.

First name

Last name

Bio/short bio

Gender

Male

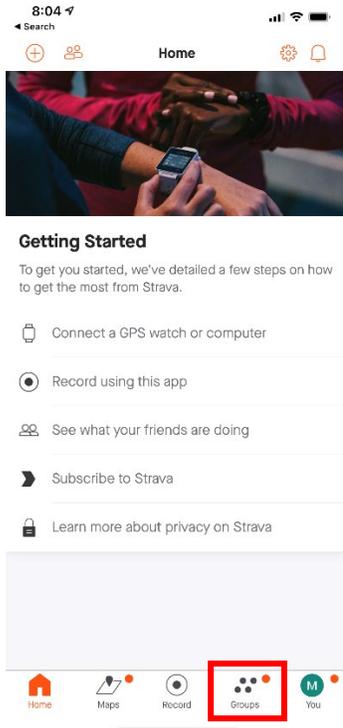
Female

Other

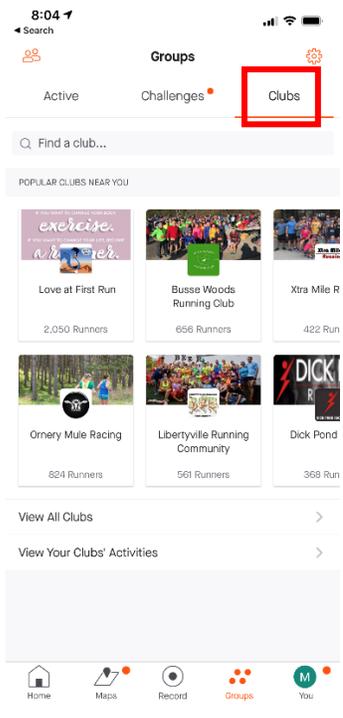
Continue



4. Tap the 'Groups' tab in the lower navigation menu of your feed.

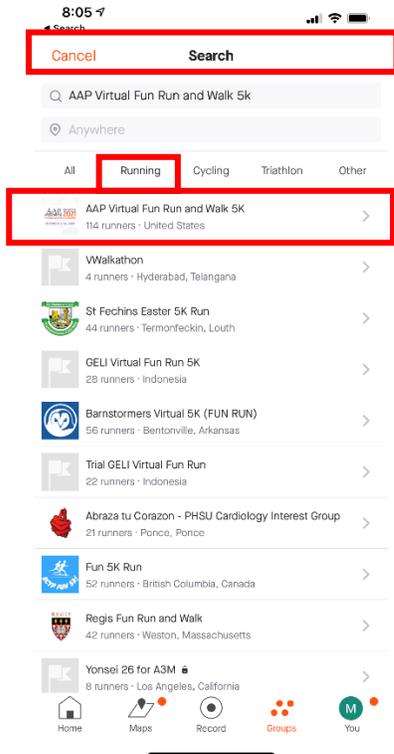


5. Tap the 'Clubs' tab in the upper right-hand corner of your feed.

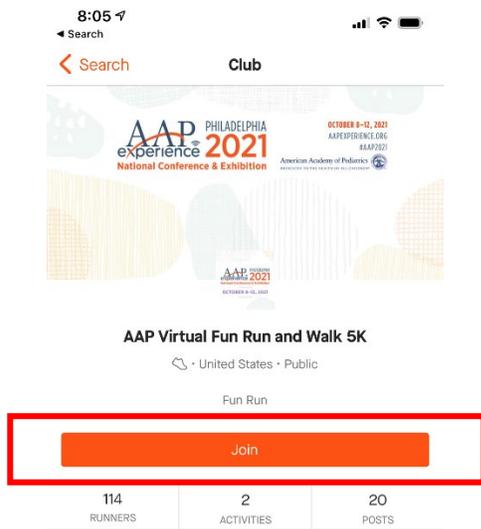




6. Search for and join 'AAP Virtual Fun Run and Walk 5K'. It's easiest to locate our group if you set your location to 'Anywhere' and choose 'running' for the type of group.

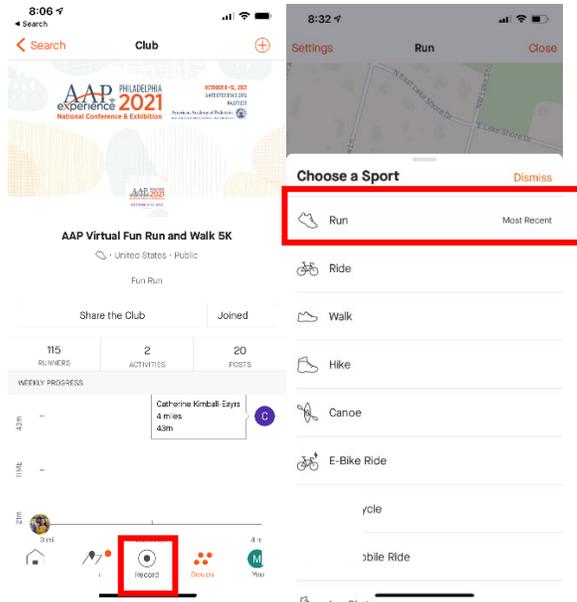


7. Hit 'Join'

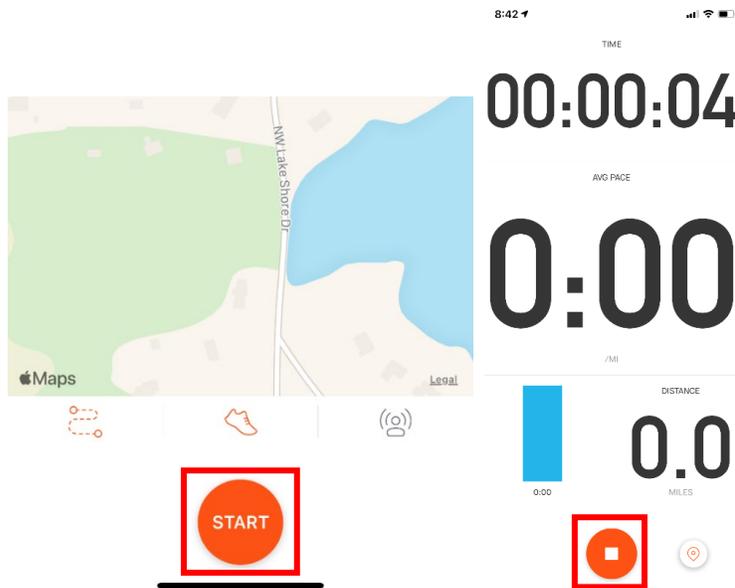




8. Over the meeting dates, October 8-12, hit the Record button and select Run. Even if you want to walk you will still need to choose Run as your sport, otherwise your race will not show up on the leaderboard.

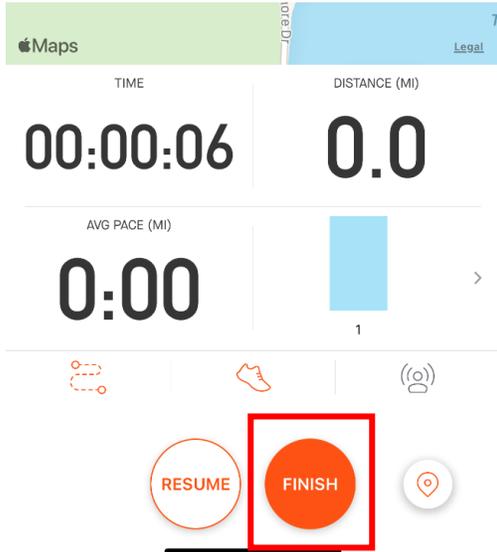


9. Hit start, complete your race, and hit stop.

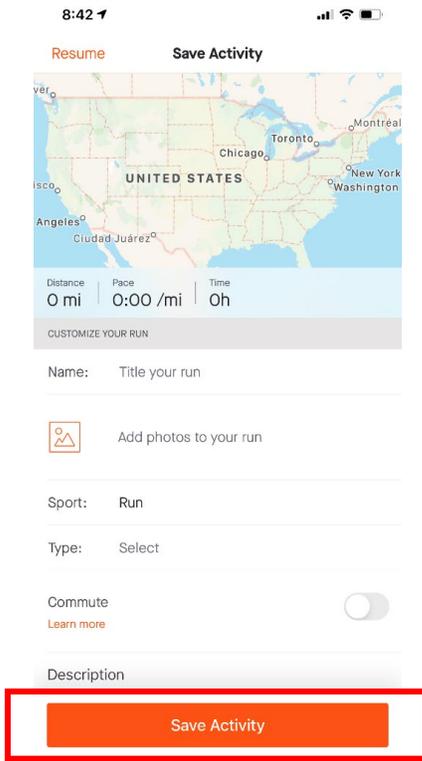




10. Hit finish.

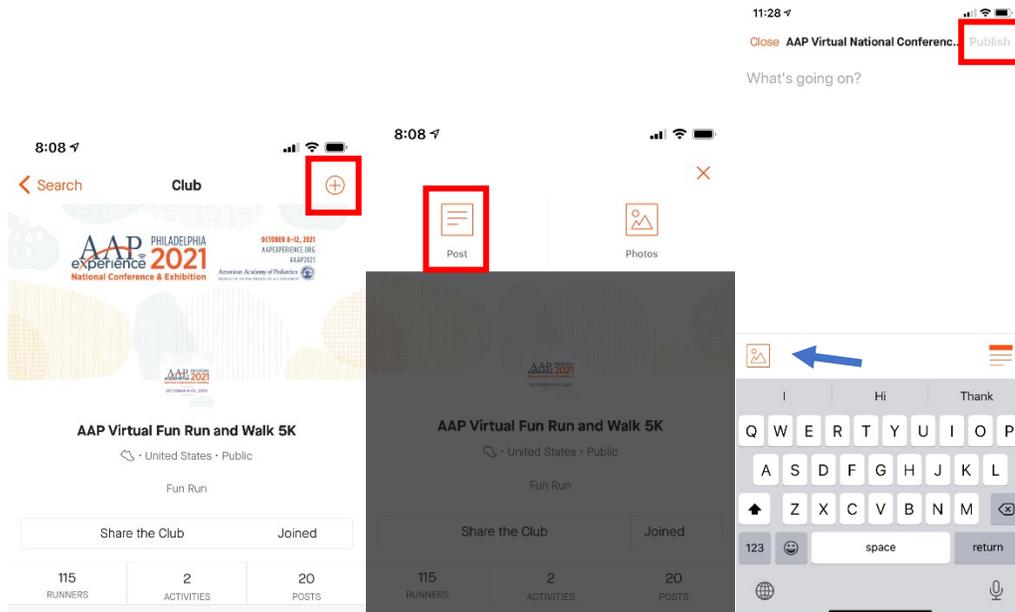


11. Hit Save Activity.





- 12. Your run will automatically show up in the club feed.
- 13. Post about your run. Share pictures of your route.



- 14. Give some 'kudos' to your fellow runners by dropping a comment or a like on their run.