

NEW TO STRAVA? HERE'S EVERYTHING YOU NEED TO GET STARTED!

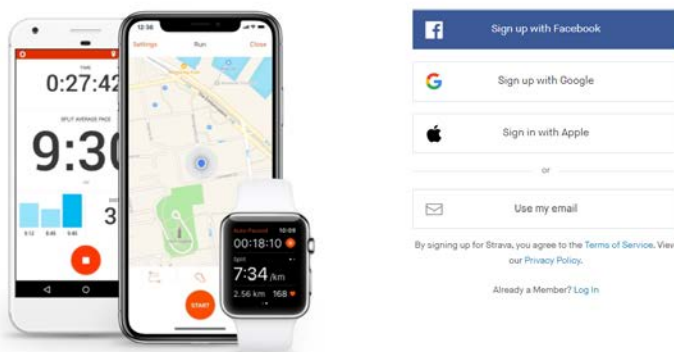
It's never easy picking a fitness tracking app, especially when there are so many to choose from. Not only do you need to choose one that's compatible with your GPS cycling computer or smartphone, but there's also the question of which one has the best features for your needs. Not to mention which one is most popular with your friends – cycling is always more fun when you can do it in good company!

Alton CC's app of choice is Strava <https://www.strava.com>. We run challenges and competitions on Strava during the year that are free and open to all members. These help give you an extra push to hit your goals and targets.

STRAVA

Log In

The #1 app for runners and cyclists



Step One – Set up your Strava account

If you don't yet have an account, head over to the Strava website or download the smartphone app to get started. You can choose to set up your account using your email address or by connecting with Google, Apple or Facebook – both options are easy to do and only take a minute. A basic Strava account is free and lets you do everything described in this guide. If you want to unlock advanced heart rate analysis, personalized fitness tracking, filtered leader-boards and more then you can subscribe to Summit membership later on.

If you connect with Google or Facebook, you'll also be given the option to follow your friends that already use Strava. This is a great way to get started and allows you to see their rides; comment or give them kudos for their activities and view any photos that they've chosen to upload. This is one area that Strava sets itself apart: not only is it a great fitness tracker, it's also a social network for cyclists and runners.

Be aware of the 2 privacy features that Strava offer too. The first allows you to approve who can follow you before they can see your profile, whilst the second gives you the ability to set a privacy area around your home. Anyone viewing your activity will then only see where you went outside of this zone. Both of these options can be accessed by visiting the Privacy tab under Settings.

Ensure you join the Alton CC Strava club, <https://www.strava.com/clubs/alton-cc>

Step Two – Sync your GPS cycle computer or watch

Once you have created your Strava account, it's time to get everything connected. If you use a GPS device, you're in luck: Strava works well with Garmin and Wahoo (to name but a few). Rides that you upload to your device's website will automatically be sent to Strava each time you sync. Head over to the Upload page to connect these services to Strava once, and that's it – all future runs will appear on Strava. You can continue to use your device and there's no need to use the smartphone app to record your runs.

If you're just using your smartphone, then joining Strava is a lot easier. All you need to do is download the Strava app and start recording your rides with it...

Have a look at <https://support.strava.com/hc/en-us/articles/223297187-How-to-get-your-Activities-to-Strava> for more information.

Step Three – Import your old rides

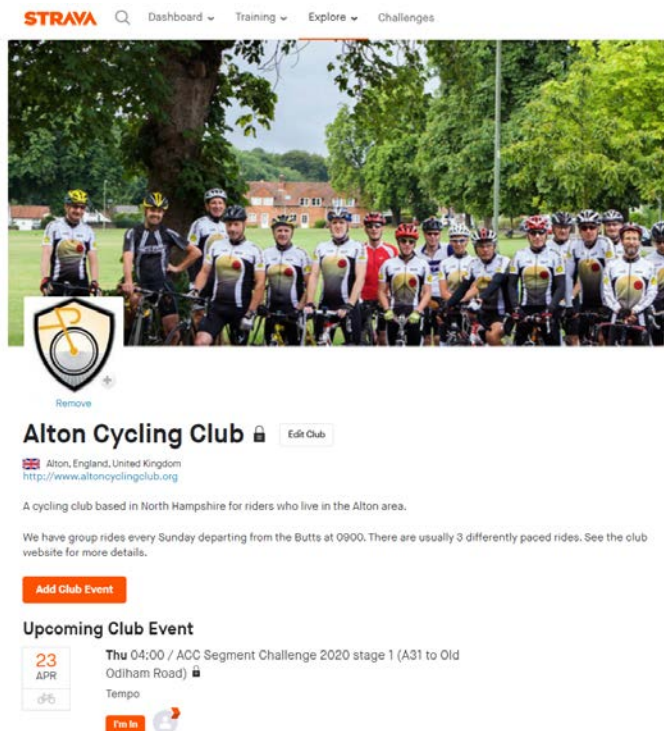
... but what about all of those old rides, PRs and races – the ones that are locked away in your old favourite fitness app? Good news, these can be imported to Strava too – it's quick and simple to do, and works great regardless of if you ride with a watch or a smartphone app. Have a look at <https://support.strava.com/hc/en-us/articles/216918007-Bulk-Uploading-Activities-to-Strava> for more information.

Step Four – sync services and social media


Connect to social media sites, such as Instagram, Google and Facebook. Enabling a connection allows you to share your activities outside of Strava.

Step Five – go ride!

The club's Strava homepage lets you compare your rides with others in the club and also provides details of any challenges or competitions that are running. Have a look at the leader board to see what other club members have been doing.



STRAVA Dashboard Training Explore Challenges



Remove

Alton Cycling Club

Alton, England, United Kingdom
<http://www.altoncyclingclub.org>

A cycling club based in North Hampshire for riders who live in the Alton area.

We have group rides every Sunday departing from the Butts at 0900. There are usually 3 differently paced rides. See the club website for more details.

Add Club Event

Upcoming Club Event


23 APR

Thu 04:00 / ACC Segment Challenge 2020 stage 1 (A31 to Old Odilham Road)

Tempo

Join

Taking it further

You can also use Strava to plan and share your routes. Click the  button at the top right of the page and select 'create a route', this will open up the route builder. Click on the point you'd like to start at, then build your route by clicking at various points on the road network. Save when you're done.

You can then share the route within Strava to your contacts or via email, text or WhatsApp by copying the route url and sending.

