

## Set Up Your Personal Strava Page



1. Visit [www.strava.com](http://www.strava.com)
2. Click “Sign Up” in the upper right hand corner. Put in your personal details requested and be sure to write down that password somewhere! Click “Sign Up.”
3. A “Welcome to Strava” page will pop up.
4. In the upper right hand corner, there is an icon that looks like a silver coin (between the bell and the plus sign) hit the down arrow to the right of it and then on “Settings.”
  - a. Click on the plus sign to add in a picture of you or your bike or, best yet, you on your bike! Add or update any other info here that you would like to.
  - b. To the left you’ll see a series of boxes you can click through to fine-tune your preferences. Of course, update these as you see fit.
  - c. The third from the bottom is “My Gear.” Here’s where you can add in details about your bike (so you can compare your results with others that are riding your exact same bike). Click here to find the details for YOUR bike! [See linked document.](#)
5. Did you search for a **local AMBUCS veteran riding club**? Click “Explore” at the very top and then “Clubs” and then search for a club you’d like to join.
6. Please join both your local club and the National one if both options are open to you! 😊
  - a. If there isn’t a local club near you, that’s okay, you can still join the **National AMBUCS Veteran Riding Club** (if you ride an Amtryke).
  - b. AMBUCS will give away quarterly incentives for those with the highest mileage and will give an award for the highest yearly mileage at AMBUCS National Conference in the fall! [www.strava.com/clubs/NationalAMBUCS](http://www.strava.com/clubs/NationalAMBUCS) Only Amtryke riders may join the National club.
7. Now it’s time to get rolling! If you click on the red plus sign in the box in the very top right corner, you will see a listing of all the fitness devices compatible with Strava. Don’t have any of those? No problem. Just use your smart phone (apple or android). Search for “Strava” in the App Store or Google Play and download it for free. Make sure you have the app on when you ride your Amtryke so it knows to track your miles. It will automatically upload the data to your Strava account. Don’t have a smart phone? No problem! They have a Manual Entry option too. (Click the plus sign and see Manual in the options on the left.)
8. NOTE: If you ride a Hand Tryke please notice that “Handcycle” is one of the options under Sport (no matter how you upload the activity data). As you know, you’re working harder to go the same distance as a foot cyclist. Get credit for it!
9. You can log all your Amtryke rides – no matter if you ride alone or with other veterans – all the miles count towards your total. You can also log non-Amtryke rides (be sure to change your bike when you log your miles) as well as many other types of physical activity...like running, etc. This is your account to use to pursue your own fitness goals as you see fit. However, incentives are only given for Amtryke activity.
10. Please be aware that Strava will delete your account if you don’t do one initial activity within the first few days of setting up your account. Once you have done that initial activity, you’re fine. They won’t delete the account.