Strava on Desktop Instructions

**Step #1: Register for STRIDE Challenge**
Register for the STRIDE Challenge on our Special Olympics Massachusetts Page

**Step #2: Go to Strava on Desktop**
How? You can either:

- Go to SpecialOlympicsma.org and type in Stride Challenge in search box
- OR type in Strava in a search tab.

**Step #3: Sign Up for Strava**
Sign for Strava with your email and a password. (You can also do it via Email or Google.)
Step #4: Find Stride Challenge Club

A. Find the Stride Challenge Special Olympic Massachusetts Club. Go to the top left of the page and click on the search button.

B. The search button will now say athletes and have a drop down menu next to it. Click on the drop down menu and click on Clubs.

C. After clicking on Clubs, search SOMA Stride Challenge. Scroll down until you see the club.

D. The group is a closed group. Once you scroll down you will see the button that says request to join. Click that.

***** Again to be accepted in the group you will need to register on the Special Olympics Ma Page
Step #5: Manually Uploading a Run or Walk

A. On the top of the page in the right corner, hover over the plus sign that has a circle around it.

B. Once you hover the circle, a drop down list will appear. Click on manual entry

C. From there, enter all of the information about your walk or run. Once you finish entering all of the information click on create at the bottom of the page.