


SOLEUS SYNC

The Soleus Sync application allows you to sync the activity on your Soleus GPS device to your STRAVA account. If you have any issues downloading or using Soleus Sync, please visit our FAQ page for troubleshooting help.



DOWNLOAD SOLEUS SYNC TO YOUR COMPUTER

1. Click on the "Download" link on the "Software Downloads" page of SoleusRunning.com
2. Welcome window: click "Next".
3. License Agreement window:
 - a. Select "Yes - I accept the terms of the License Agreement"
 - b. Click "Next"
4. Choose Destination Location window: click "Next"
5. Set Program Shortcuts window: click "Next"
6. Confirm Setup Settings window: click "Next"
7. Setup Complete window: click "Finish"
8. Soleus Sync icon  will now appear on your desktop



SOLEUS GPS DEVICE



SOLEUS SYNC



STRAVA.COM

FETCH INFORMATION FROM YOUR SOLEUS GPS DEVICE

It is recommended that you attach your watch to your computer before opening Soleus Sync

1. Plug your 4-pin charging cable into a USB port on your computer.
2. Attach the cable to your Soleus device.
3. Open the application by double-clicking on the Soleus Sync icon on your desktop.
4. The SOLEUS SYNC window will open and you will see "Fetching activity from your Soleus device" on the message bar at the bottom of the page.
5. If you have trouble fetching data from your device, try the following:
 - a. Click the [EXIT] button to close the application
 - b. Re-open the application
 - c. If fetching does not start automatically, click the [FETCH / REFRESH] button
6. Once your data has been retrieved you will see the list of activity from your device in the ACTIVITY box and the message bar will read "Activity has been retrieved from your device".

SYNC YOUR ACTIVITY TO **STRAVA**

To sync your data, you will need to have an open connection to the internet and an active STRAVA account (www.STRAVA.com)

1. Select the file(s) you would like to upload and click the [UPLOAD] button.
2. The first time you sync your data, STRAVA will ask you to authorize the application.
3. Click the [AUTHORIZE] button (you may have to sign-in to your STRAVA account to complete the authorization process).
4. Once authorized Soleus Sync will automatically connect to STRAVA, open your "My Activities" tab and transfer your selected files.
5. On Soleus Sync you will see the updated status of the files you sent to STRAVA and the message bar will read "Your activity has been synced to your STRAVA account".
6. Click the [FETCH / REFRESH] button to update the status of your synced files.
7. Click the [EXIT] button to close Soleus Sync.