

INSTALLATION OF THE APP STRAVA™

This app is installed as any other. Go to the corresponding store, download the application and install it.

The following are the links from where you can download it:

iphone:

<https://apps.apple.com/app/strava-cycling/id426826309>

Google play o android:

<https://play.google.com/store/apps/details?id=com.strava>

CREATING A USER ACCOUNT IN STRAVA

- The first time you open Strava in Spanish, the app will ask us to provide a registered username.
- If you don't have an account, you will have to create one (you can do this automatically by signing up with the Facebook, Google+, or Apple account you have registered on your mobile or you can register using your email address).

Once you had done this, you'll receive an email to confirm your registration.

Opening your profile

- Go to your profile and enter your personal data.
- Click on "Accept" if you want to receive messages from Strava.
- You'll be redirected to a subscription screen, click on "Skip this step" (you don't have to pay for a subscription to be a member of Strava).
- Complete your registration process, allow access to your location, select your preferred sport, etc.
- You will be able to connect with other people using this app.
- You will be welcomed to the app and then you can click on "GET STARTED."

HOW TO BECOME A MEMBER OF THE 54D RUNNERS' GROUP

Once you are a member of Strava, you can go to the right bottom of your profile where you will find a **"clubs"** submenu; go there and click on the option "Explore Clubs" which should appear on the upper part of this submenu, look for the 54D Runners option and click on "join."

The 54D team will review the information you provided to make sure you belong to one of the graduated generations from any of our programs. This is the only way you can join the 54D Runners' group.

You will receive a welcoming email from the 54D Runners' group.