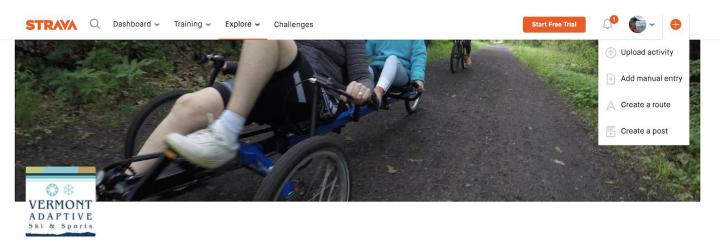


How to manually record indoor cycling, running, walking & other activities on Strava

Step 1: Login to the Strava Website or create a free account if you don't have one. (**Make sure you join the Vermont Adaptive Ski & Sports club!**) Please note, if you sign up with Strava on your phone, you may have chosen to log in with your Google or Facebook account. You'll need to choose this option on the web interface as well.

Step 2: Once logged in, at the top right of the screen you will see a small plus symbol with a circle around it. Rolling over that will show a dropdown menu with several options. Look for the "Add manual entry" option from the dropdown. Click the link.



Vermont Adaptive Ski and Sports

Vermont
https://www.vermontadaptive.org

Step 3: This will take you to a screen where you can enter your activity data based on either your indoor trainer, or any activity tracking app you use. Enter that data manually in each field. Click on the "Sport" drop-down tag in the middle of the page to choose your activity. This drop-down tag is not available on Android or iPhone, so make sure to use the web interface.

