

Strava Explanation

If you already have a Strava account:

- Please ensure your Strava account is public so that Clare Sports Partnership can view your activity
- We will send you a link to the challenge group on Strava prior to the challenge start date
- REMINDER - when starting your walk, be sure to press Record, then select Walk. This ensure your walk will be accounted for in Challenge

If you do not have a Strava account:

- Download the Strava app for free to your phone
- Follow the on-screen instructions to create a Strava account
- Please ensure your Strava account is public so that Clare Sports Partnership can view your activity
- We will send you a link to the challenge group on Strava prior to the challenge start date
- REMINDER - when starting your walk, be sure to press Record, then select Walk. This ensure your walk will be accounted for in Challenge