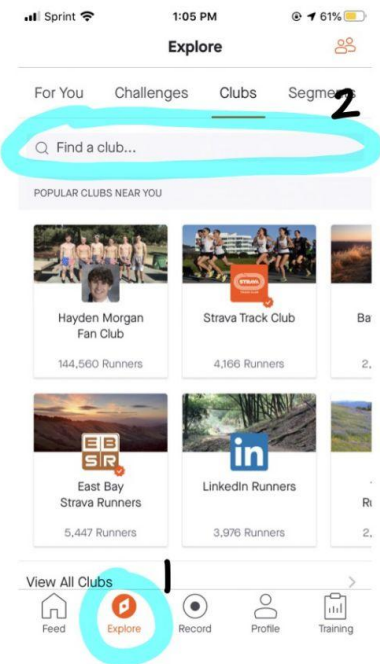
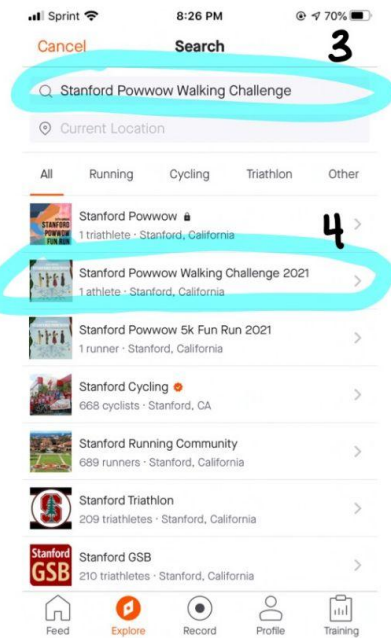


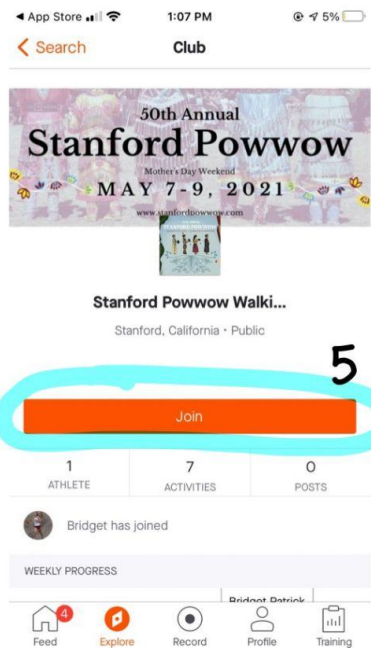
Stanford Powwow Walking Challenge **Strava** Upload Instructions



1. Open the Strava app and click on the "Explore" tab
2. Click on the search bar

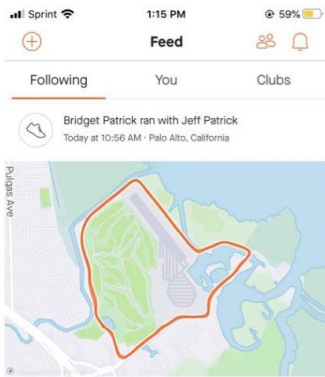


3. Type "Stanford Powwow Walking Challenge" into the search bar
4. Click on the club



5. Click "Join" to join the club

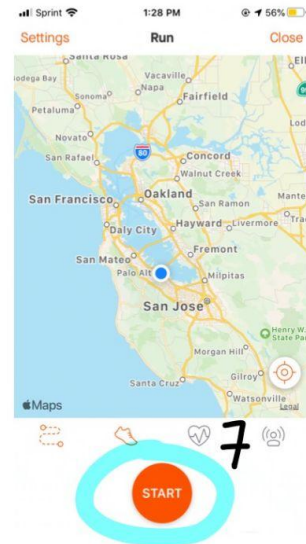
Contact bpatrick@stanford.edu with questions



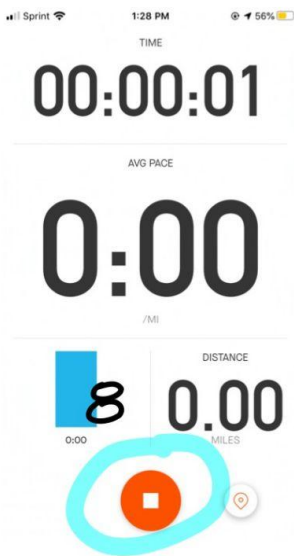
6. Hit the "Record" button



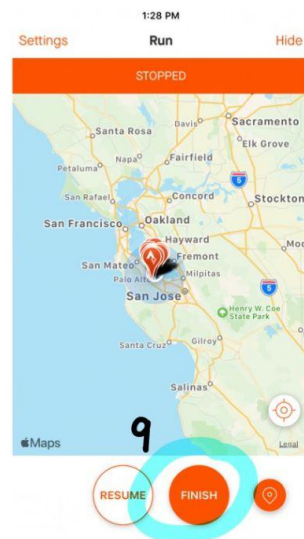
7. Click the orange "START" button

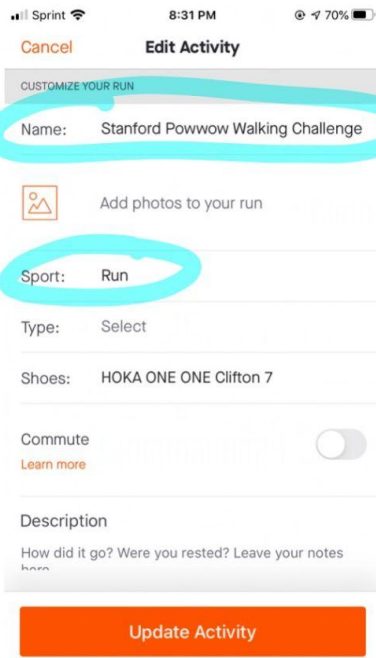


8. Hit the orange stop button when you have finished your walk



9. Click "FINISH"

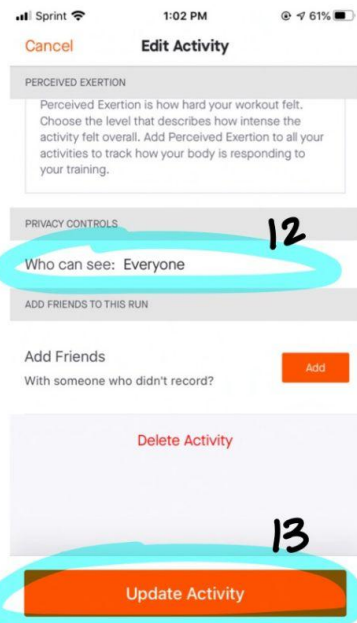




10. Change the name to "Stanford Powwow Walking Challenge"

11. Choose **run** as the sport category, not walk

12. Choose "Everyone" for who can see the activity (this must be done for your run to count)



Done!

If using a GPS/Apple Watch:

- Join the Strava Club
- Go to Strava settings (the gear on the profile tab)
- Click "Applications, Services, and Devices"
- Follow the guided instructions to connect your device
- Record your walk on your watch
- Sync to Strava
- Change title of run to "Stanford Powwow 5k Run"