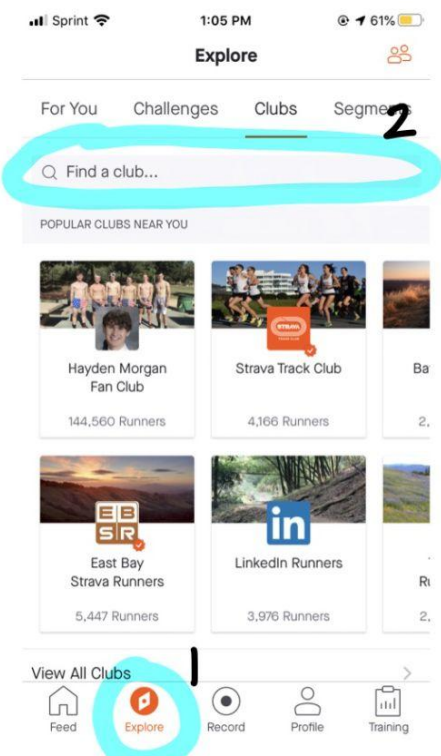
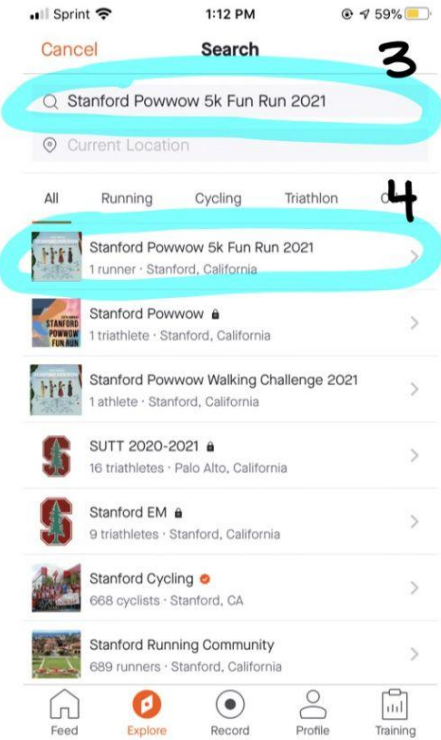


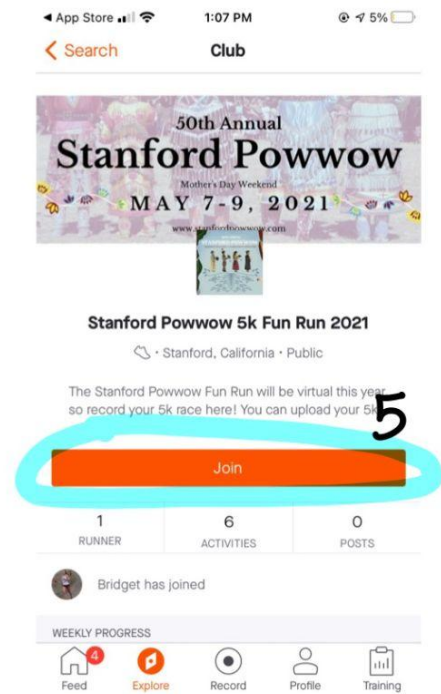
Stanford Powwow 5k Fun Run **Strava** Upload Instructions



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

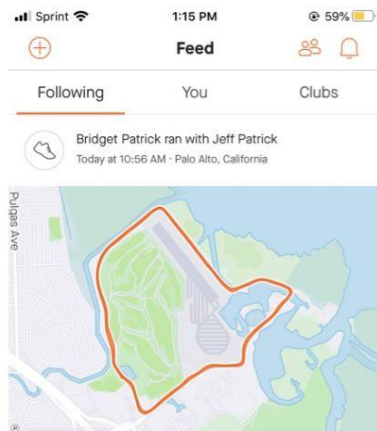


3. Type "Stanford Powwow 5k Fun Run" into the search bar
4. Click on the club

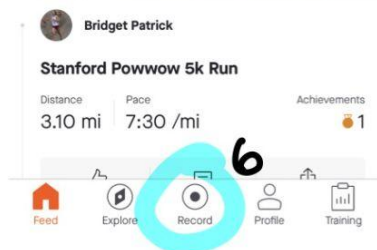


5. Click "Join" to join the club

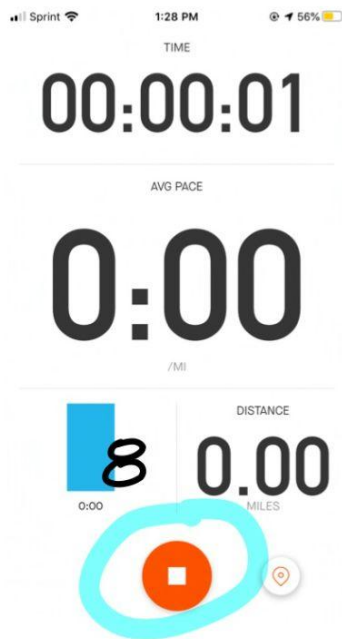
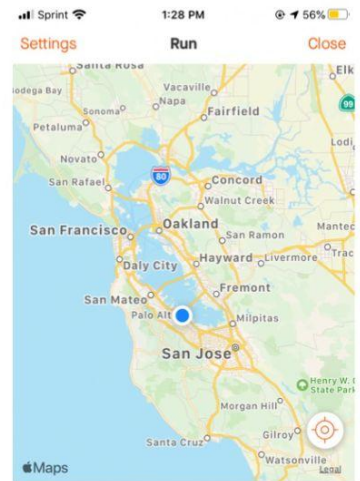
Contact bpatrik@stanford.edu with questions



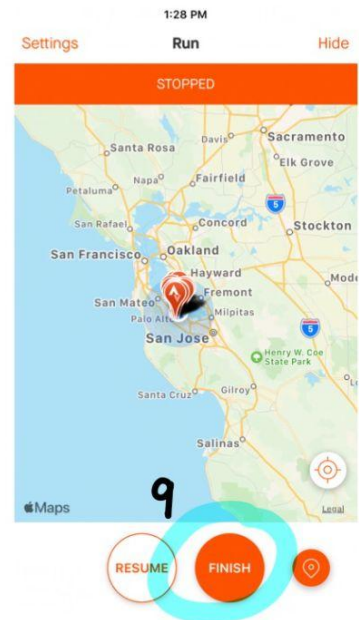
6. Hit the "Record" button



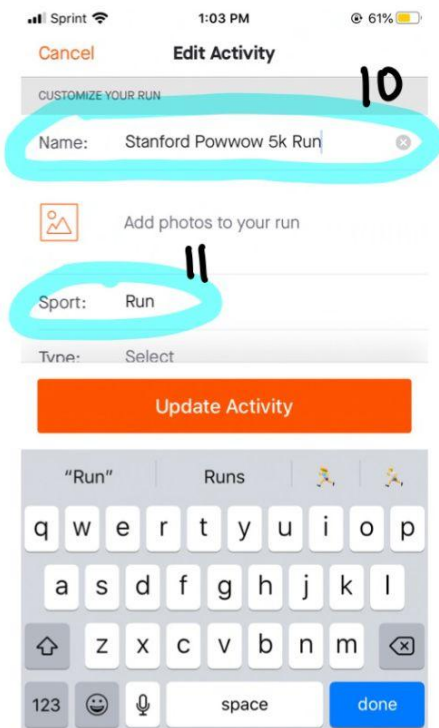
7. Click the orange "START" button



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

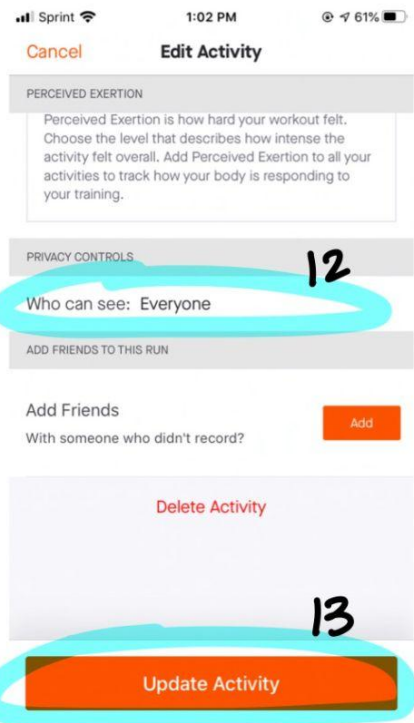


9. Click "FINISH"



10. Change the name to "Stanford Powwow 5k Run"
 11. Choose run as the sport category

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 run on your watch
- Sync to Strava
- Change title of run to "Stanford Powwow 5k Run"