RIDE4RANGERS

Tusk

How To Record
# Your Rides

How Do I make my Miles Count?

In order for your rides to count towards the Ride 4 Rangers total, they need to be **logged on Strava** and you need to be a **member of the Ride 4 Rangers Strava club**.

The following instructions will explain how to do this.

1. Download Strava

Go to the app store on your phone and search for "Strava", then download and install the app.
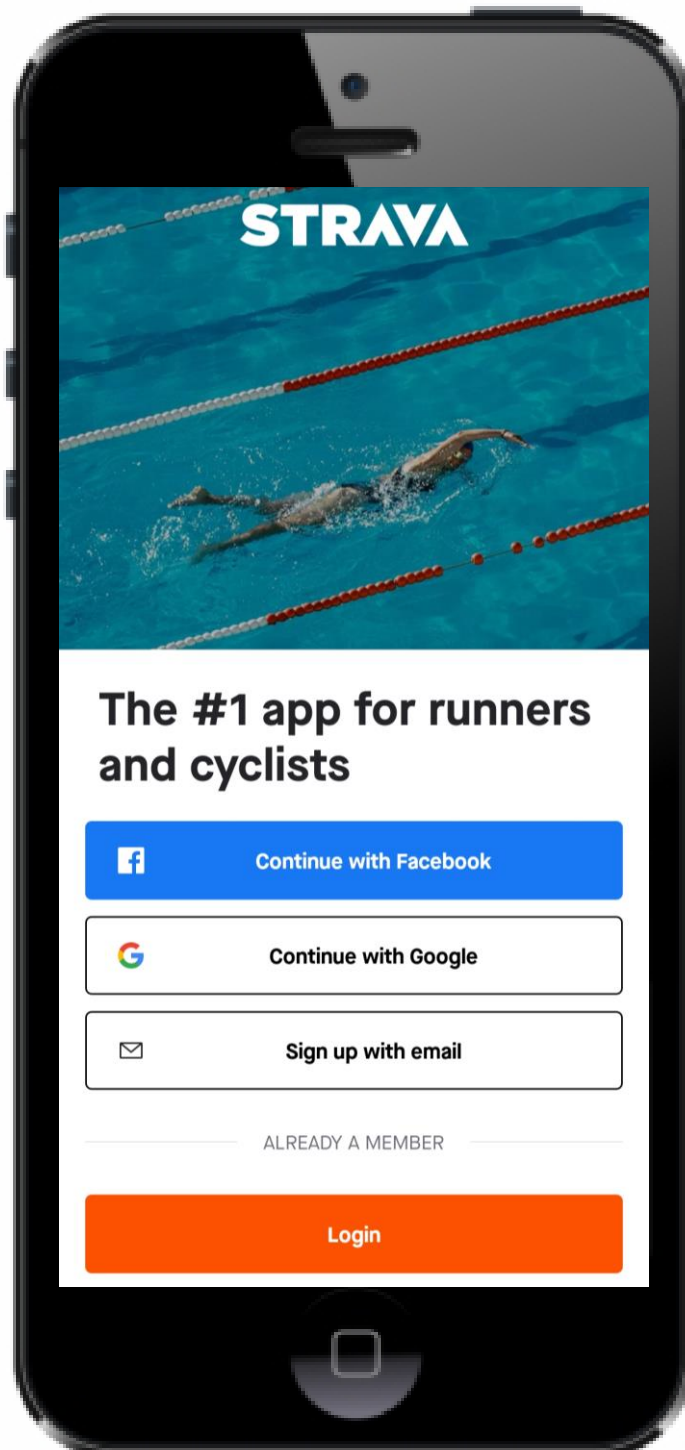
Or click on the below links to download the app directly from either the Android Play Store or the Apple App Store.
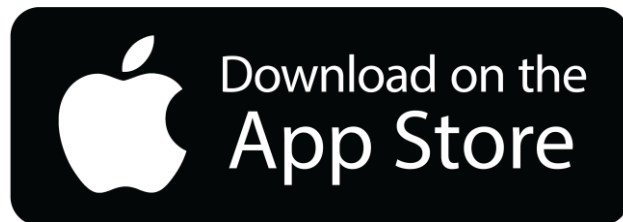
2. Login Or Create an Account

Once you have downloaded and installed the app, you need to login or create an account.

You can do this using an email address and password or you can login using your existing Google or Facebook accounts.

3. Join the Strava Club

It's important to join the Ride4Rangers club, otherwise your rides will not add to the total distance. The easiest way to do this is to simply click on this link on your phone: https://www.strava.com/clubs/ride4rangers
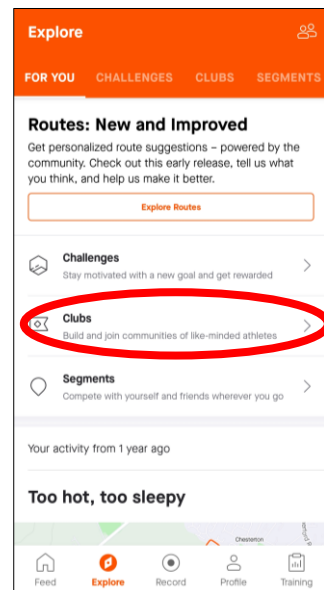
The club will then open in the Strava app and you can click "join"

However, if this doesn't work then please follow the below instructions instead. At the end, click "join" as above.
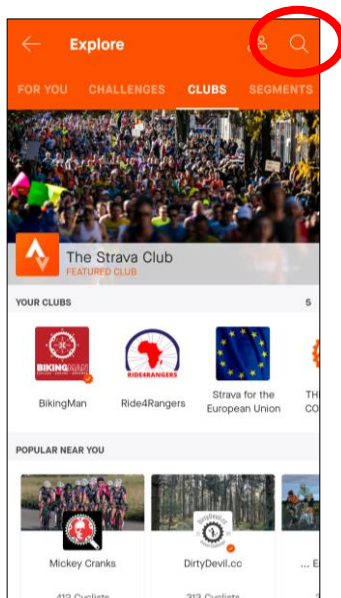
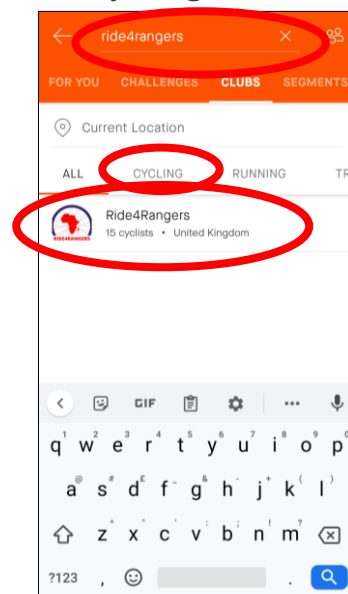**Step 1.** Click on "explore" on the Strava App
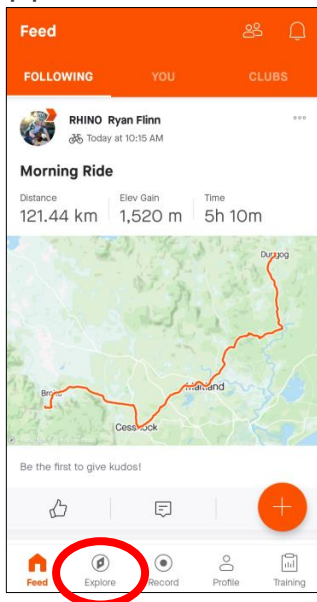
Step 2. Click on "clubs" on this page

**Step 3.** Click on the magnifying glass in the top right corner

Step 4. Type in "Ride4Rangers" (no spaces) and the club should appear. If it doesn't, click "cycling" and it should.
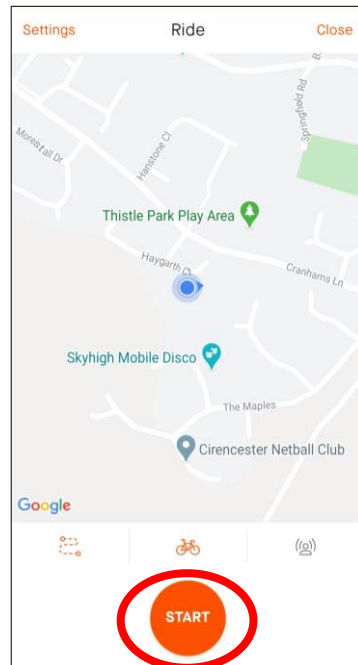
4. Record your Ride

If you already have a smart cycle computer or fitness watch, you may already have the ability to record activities and sync them to Strava. But if this isn't the case, then please follow the instructions below.
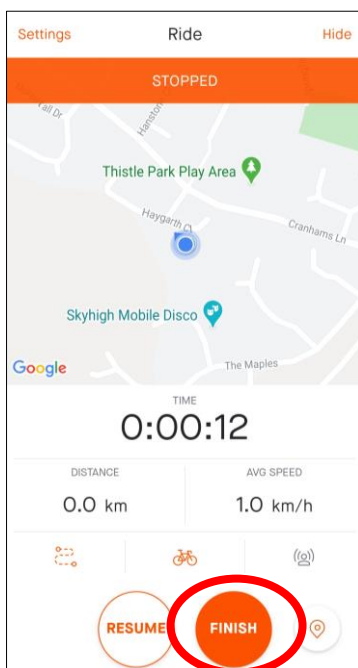
Step 1. Click "record activity" on the Strava app homepage
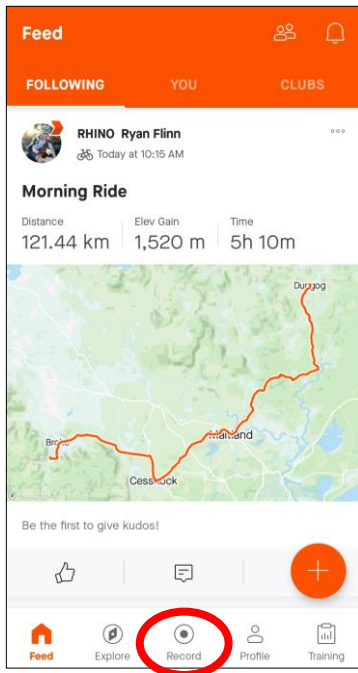
Step 2. Click "start" to begin. When you're done cycling, click "stop".

Step 3. Click "finish" to end the ride but don't forget to save.

Step 4. Give your ride a title and save it. This is now added to the R4R total!