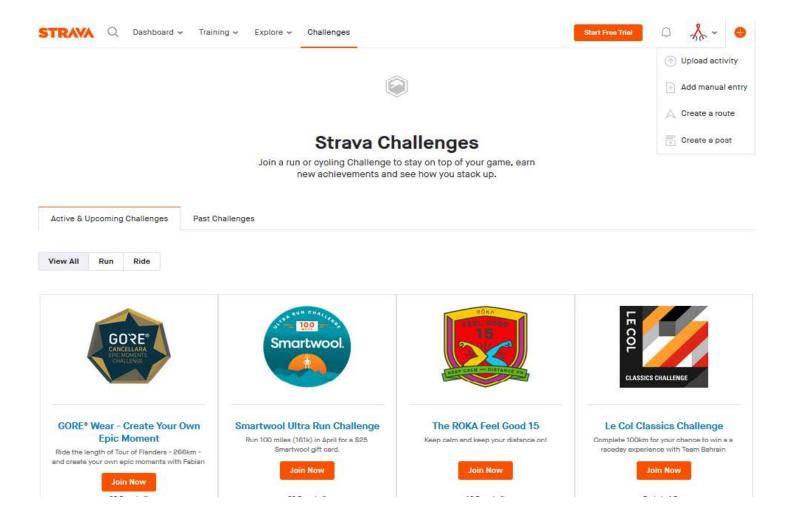


## How to record indoor cycling on Strava

Step 1: Login to the Strava Website or create a free account if you don't have one. (Make sure you join the Hill Country Ride for AIDS 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. We're looking for the "Add manual entry" option from the dropdown.





Step 3: This will take you to a screen where you can enter your activity data based on either your indoor trainer, or any app it might use.

Enter that data manually in each field, and be sure to choose the "Indoor Cycling" tag in the Tags field in the middle of the page. This tag is not available on Android or iPhone, so make sure to use the web interface.

