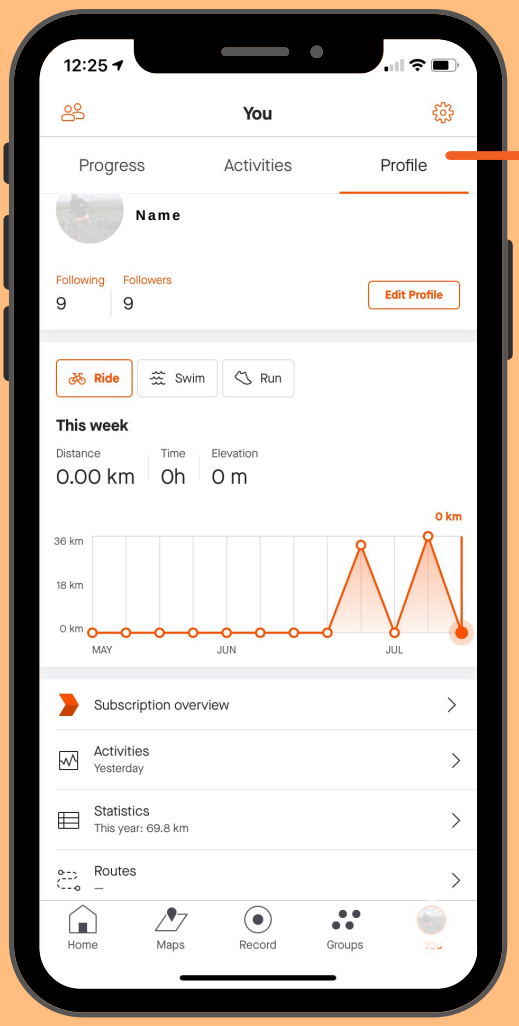
GUIDE TO STRAVA

THE SOCIAL NETWORK FOR ATHLETES

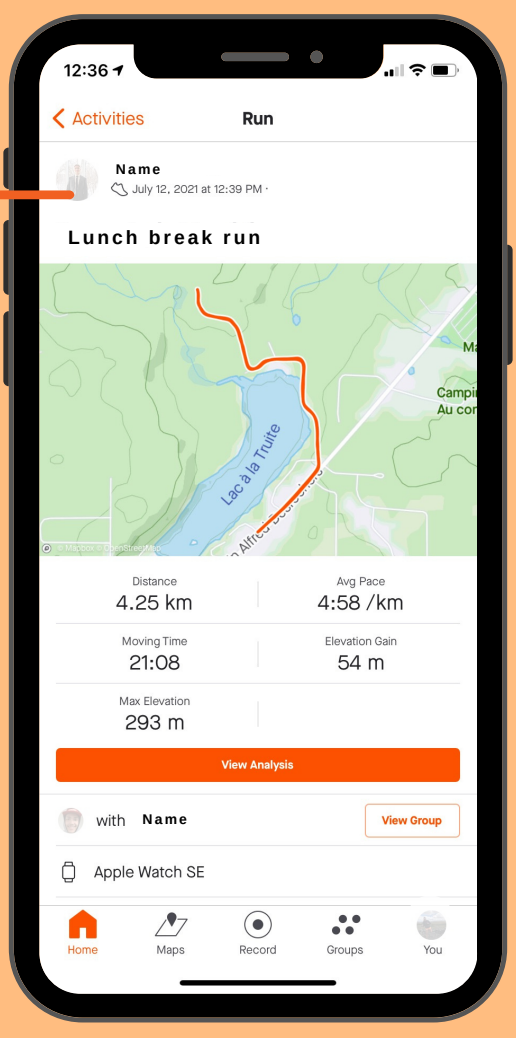
What is it? Strava is a free mobile application and website used to record sports activities via GPS (cycling, running, swimming, hiking, etc.). In addition, it is possible to follow other athletes, share your results, give congratulations and join clubs and challenges.



Create a profile

Track and analyze

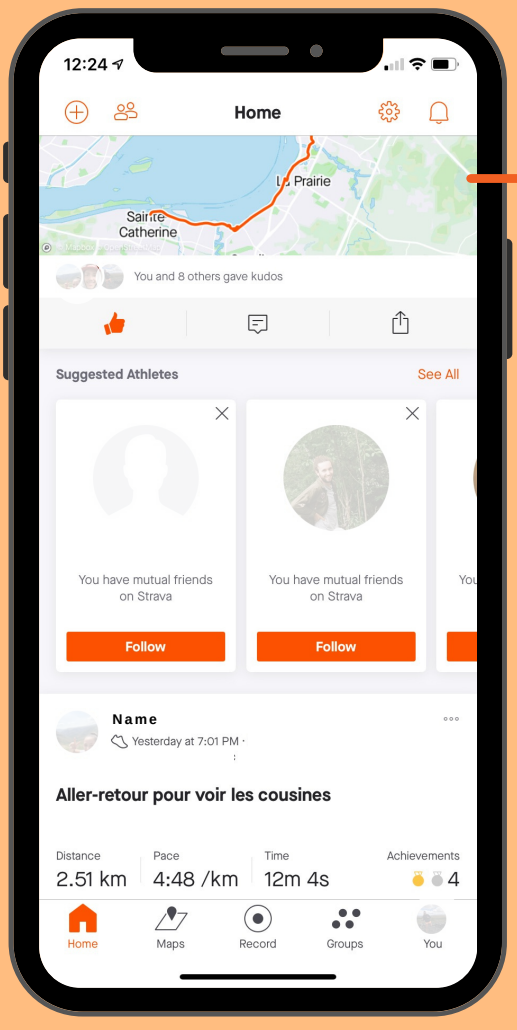
Track and analyze every aspect of your activity by joining Strava for free either by downloading the app on your cell phone or by visiting the website: **https://www.strava.com.**
On your profile, you'll find your favorite sports, your activity history, your routes and your statistics. Strava also synchronizes with most devices (smartphone, GPS watch, heart rate or power sensor). There is no limit to the types of data you can store. However, you must have the device with you during the activity.



Record an activity

Explore and compete

On the mobile application, under the tab "maps", suggested routes near you will appear. If you find one that appeals to you, click on it. You will then see the "save" button which you can press at your convenience. If you want to travel your own route, go to the "record" tab to start recording your activity. You can pause at any time. When you have completed your activity, stop the recording and press "finish". With millions of athletes around the world, the network of routes and paths on Strava is unbeatable. Whether you're looking for a route for a new adventure or looking to create your own, Strava can help.



The news page

Share and connect

Strava uses many of the interaction-enhancing features found on social media platforms such as Facebook and Instagram. When you have finished your activity, save it to your Strava news feed, where your followers can also share their runs and workouts, give kudos for each other's performances and leave comments. You can also join a Strava club that unites people around a brand, a cause, a challenge or other. Go to the "groups" tab → "clubs" and search for the name of the club (our clubs : Juritour 2021 and Défibrose Mont-Sainte-Anne).

For more information :
www.strava.com

Cystic Fibrosis Canada
Fibrose kystique Canada

Our Clubs : **Juritour 2021** and **Défibrose Mont-Sainte-Anne**