What is Strava?

Strava is a free mobile application that combines fitness and community through their “club” feature. Portland State has created a Strava club that allows users to track and post their fitness activities. We hope to form a positive and encouraging community where users give “kudos” (or likes) and write encouraging comments on other users’ activities. Posting your activities with a picture and description will help build an exciting and inclusive virtual community.

If the activity is not running, swimming, or biking it will not show on the club leaderboard because of Strava’s settings. However, do not get discouraged, as this is not our primary aim. Instead, we encourage you to focus on the recent activities page to track your progress on all activities and forms of movement.

Create a Strava Account

You can join Campus Rec’s Strava club on your mobile device or computer.

Mobile:

a. Select the App Store on your mobile device
b. Press the [Select] or [Search] tab at the bottom of your screen
c. In the search bar type [Strava] and press search
d. Select the [Get] button next to the Strava: Run, Ride, Swim app
e. Create an account
f. Select the [Explore] tab at the bottom of the screen
g. Select the [Clubs] tab at the top of the screen

h. In the [Find a club…] search bar, type in [PDX Campus Rec]
i. Select [PDX Campus Rec] and click [Join]

Welcome to the PDX Campus Rec Strava club!
Computer:

a. Google Strava or type [Strava.com] into your Internet browser search bar
b. Create an account

c. Select the search icon at the top of the screen
d. Search [PDX Campus Rec] and select [Clubs] from the drop-down menu

![Strava screenshot](image)

e. Select [Join] to join the PDX Campus Rec Strava Club

![Join button](image)

**Compatible Devices**

You can record your activities and movements through a compatible device, including:

a. [Apple Watch](#) (8:15 YouTube video: How to Use Strava for the Apple Watch)

b. [Garmin](#) (3:40 YouTube video: How to upload run from Garmin Watch to Strava)

c. [Fitbit](#) (2:32 YouTube video: How to Connect Fitbit to Strava)
Record Your Activities

Mobile:

a. Open the Strava app on your mobile device
b. Select [Record] at the bottom of the screen
c. Choose a Sport by clicking on the bicycle icon at the bottom of the screen
d. Select orange [Start] button
e. Select [I Accept] to the Strava Community Standards
f. When you are finished with your activity, select the orange stop button with the square in the middle and click the [Finish] button
g. Title your activity and add a photo and description if desired
h. Select the [Save Activity] button

Computer:

a. Login at Strava.com on your computer
b. Click on the orange plus sign in the upper right corner of the screen
c. Choose from the following options:
   i. Upload activity by syncing to a compatible device
   ii. Add manual entry