How to Sign Up on a Desktop

1. Go To: www.strava.com

2. Click one of the sign up options listed below:
   - Sign up with Facebook
   - Sign up with Google
   - Sign in with Apple
   - Use my email

   By signing up for Strava, you agree to the Terms of Service. View our Privacy Policy.

   Already a Member? Log In

3. Complete your profile:
   
   Create your profile
   This will give you a place to store workouts and help your friends find you.

   First Name
   Last Name

   Birthday

   Gender

4. Click continue

   Continue
How to Sign Up on a Desktop

5. Get Familiar with your Dashboard

A. Connect a device to your account to track your activity, fitbit, apple watch, garmin, etc.
B. Connect with your Facebook to easily share your activities to friends
C. Add activity by entering it manually or uploading it from a device
D. Join clubs on Strava
6. Join the Million Dollar Bike Ride Club
   a. Click “find or create a club on Strava” or “view all clubs”
   b. Enter “Million Dollar Bike Ride”, and click “all” in both areas before clicking “search”
   c. Double click the below club to access club page
   d. Click “Request to Join”
   e. Once you are accepted into the club your activity will be linked automatically to the club page
How to Sign Up on a Desktop

7. Add activity by either uploading from your device or by entering it manually

A. Click the “+” to input an activity
B. Choose one of the options to the left to input your activity

Once you input your activity into Strava it will appear on your dashboard and also on the club page. You are now on your way to logging miles for the MDBR 2020!