

THE AMAZING RACE



Presented by **LIV** NORTH

Options for tracking your distance.

Strava – download on your mobile phone via the App Store.

- Search "Strava" – download and create your profile.
 - To record a workout: Click Record. Click on the second icon from the left to choose your sport. (Run or Walk).
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Use a fitness tracker – option to push to Strava

- Click profile
 - Click Settings (Gear wheel at top right)
 - Click applications, services and devices
 - Connect a new device to Strava – follow the prompts
 - Once you complete a workout, you will receive a notification confirming your workout is ready to import.
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Mobile Phone Pedometer – most smartphones have a built in pedometer.

- Search health app on smartphone.
- Steps (while carrying smartphone) should be automatically counted.
- Convert steps to km using google, search "steps to km converter".