

## GETTING STARTED WITH STRAVA

Trailnet is now using Strava as our Shift Your Commute platform (formerly [shiftyourcommute.com](http://shiftyourcommute.com)). Strava is a free mobile application for tracking your bike rides, walks, and runs.

Here is your guide to making the switch to Strava:

1. Create an account on Strava's website (<https://www.strava.com/>) or mobile app (available for both iOS and Android).
2. Join the ShiftYourCommute club (or clubs) that matches your mode of transport. Search in clubs using the search tool in the upper left of the website or under "explore" in the app.
  - The club names are "ShiftYourCommute-Bike" and "ShiftYourCommute-Walk."
  - Those in the walking group will need to choose "run" as their mode type since there is no "walk" option on Strava.
3. Be sure to log your commutes, and other active transport trips on the app!
  - Please try to move the "commute" slider when logging a commute. This will allow Strava to mark multi-modal commuting data for use by planning organizations in future transportation projects.
4. A couple of other tips for making the switch:
  - Making adjustments to privacy and default mode of transportation are most easily made on the Strava website (not on the app).
  - Go to the "Settings" tab, which drops down under your picture in the top right.
  - To set the default mode of transportation, select "Display Preferences" and edit, then save default sport as either "cycling" or "running."
  - To anonymize home/work locations, select "Privacy." Under "Hide your house/office on your activity maps," type the address around which you'd like a hidden route, and the distance around it which you would like hidden.

We will continue to hold semi-annual challenge months for prizes. Notification of challenges will be communicated via our e-newsletter. If you are not currently receiving our e-newsletter, contact [travelgreen@trailnet.org](mailto:travelgreen@trailnet.org) to sign up.

Let us know if we can assist in any way in navigating Strava or joining either of the Shift Your Commute groups. If you have questions or would like to provide feedback concerning your experience with ShiftYourCommute, please email [travelgreen@trailnet.org](mailto:travelgreen@trailnet.org).