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## Tracking Your Miles

# Strava Directions

We've created a Strava Club for riding and run/walking! Strava is a simple app that you may utilize at no charge to log your miles. Connect with other LOWVELO participants and challenge yourself while training!

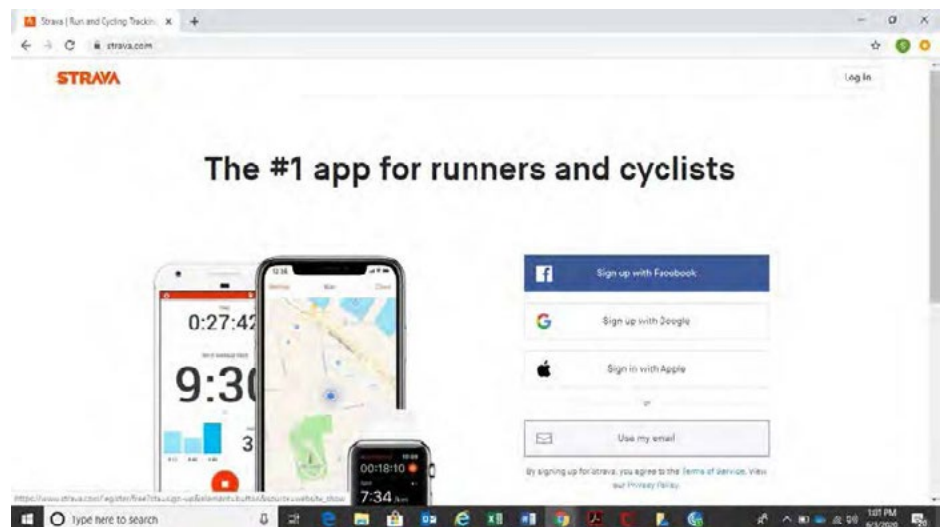
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## Getting started

If you already use Strava, search for "MUSC Hollings Cancer Center LOWVELO" and join the club.

If you're not a Strava user, visit [strava.com](https://strava.com) to enroll. You may choose to use Strava's free services or a membership.

Strava tracks miles weekly with the week beginning on Monday. If you'd like to keep track of your training miles leading up to LOWVELO, check the app every Sunday night after your last activity of the day.

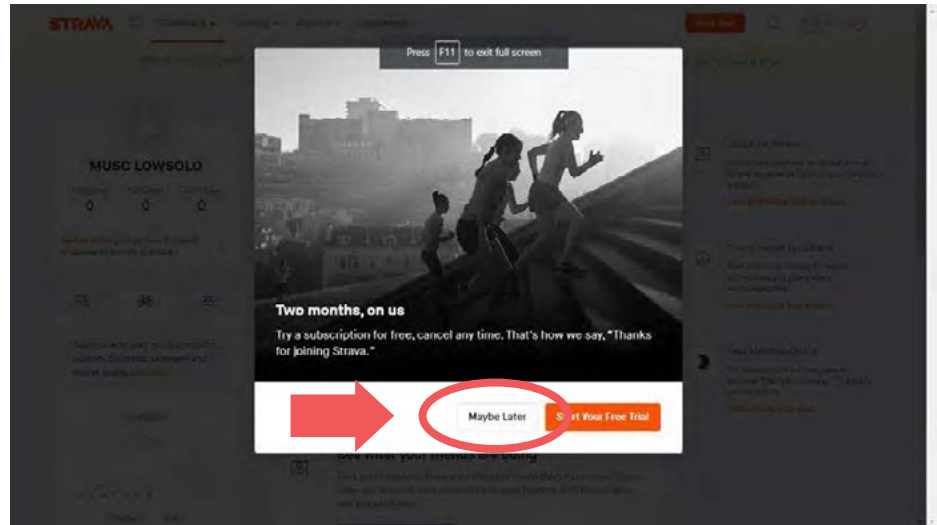




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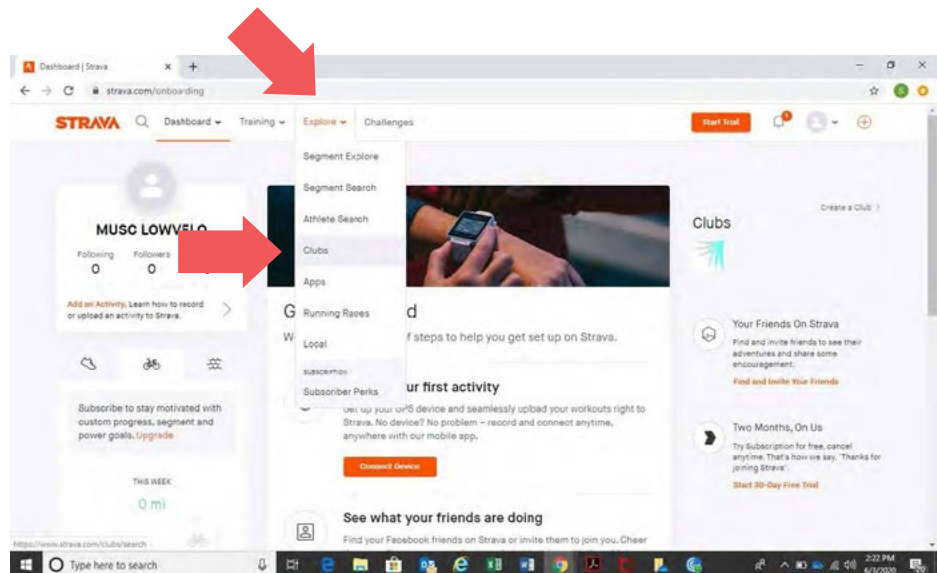
### Enrolling for free

To join for free, simply click “Maybe Later” when registering. The free membership provides basic services like activities, routes, and clubs.



### Joining the LOWVELO club

1. Click on Explore and scroll down to Clubs.

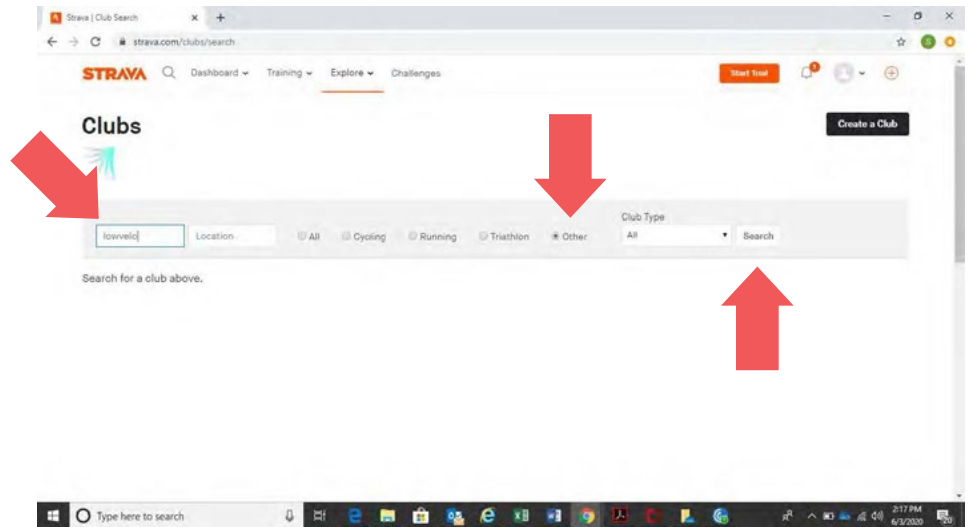




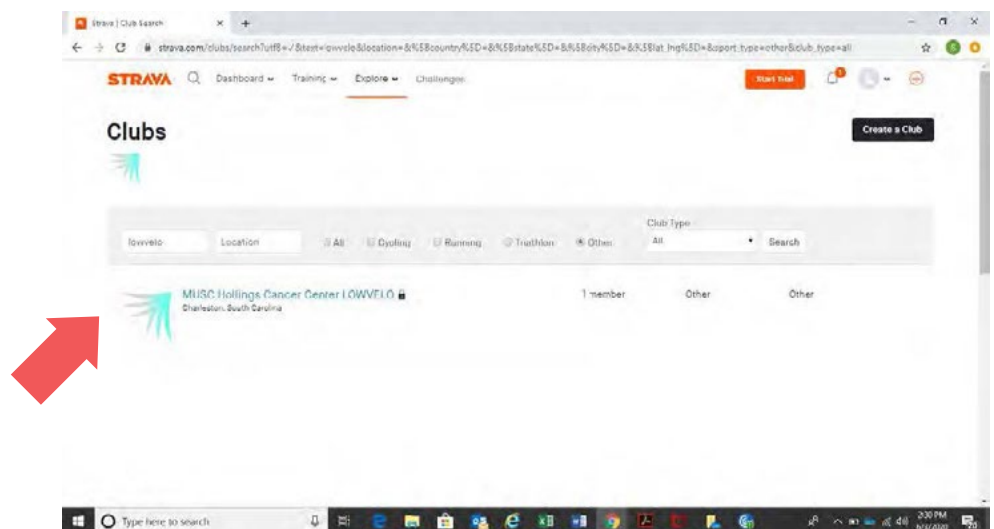
## Strava Directions

### Joining the LOWVELO club

2. Search for the LOWVELO club. Type “LOWVELO” in the Club Name box, click the “Other” button, and then click “Search.”



3. MUSC Hollings Cancer Center LOWVELO will appear.

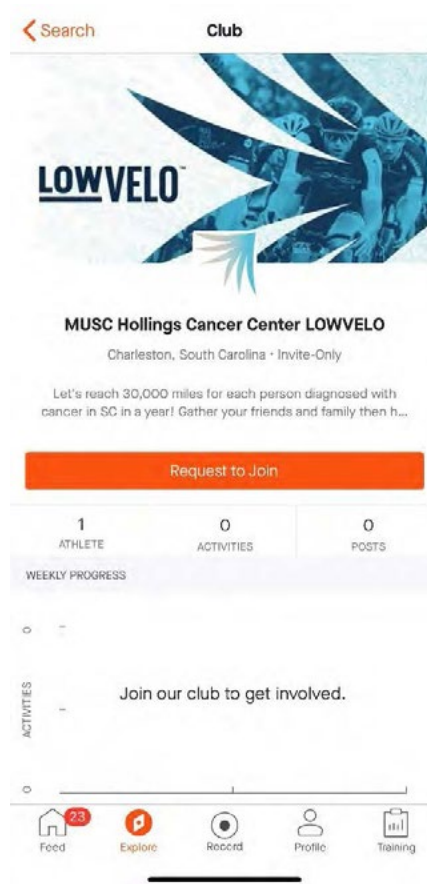




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### Joining the LOWVELO club

4. Click “Request to Join.”  
One of our LOWVELO team members will confirm your registration and approve your request.





## Strava Directions

### Recording your miles

Make sure to download the Strava app so you can start recording your miles.

1. Once you're ready to move, click on "Record" at the bottom of the screen.
2. When you're ready to start your ride, click the "Start" button.
3. This will be the screen you see while riding. When you're ready to end your ride, click the orange "Stop" button.

