# 1. Download 42RACE

$\leftarrow$	(	Q
	42Race Ru Fitness Cl 42Technology Pt	unning & ub (Beta te Ltd
<b>4.4★</b> 2K reviews	<b>50K+</b> Downloads	<b>3+</b> Rated for
	Install	
<ul> <li>You're a updates</li> </ul>	beta tester for this will include beta v	s app. Future ersions.
Or You're a updates Join events and challenges	beta tester for this will include beta v	s app. Future ersions.



### Download "42Race" from Play store or App Store



		0% 💽 14:37
		X
Log in		
Email		
Password		
	Log in	
Forgot password		
	or	
	Facebook	
	<b>G</b> oogle	
Don't ba	wa an account? Sic	



		J% <b>▶</b> 14:37
56	KAREN	
	KARENID: 132927Edit Profile	
I'm Cool		
73 Followers	43 Following 595 Post	
Activit	ies	Journal
Stats		
TODAY STEPS	S	
0 steps	s in your country: 5 000stens	X
View all ste	eps >	

....

## You are in!





## 2. Download STRAVA





#### Strava tracker: Record running, cycling & swimming

Strava Inc. In-app purchases

4.4★ 651K reviews

10M+ Downloads



Q

.

Ra

管

Race t

virtual

#### Install







#### Download "STRAVA" from Play store or App Store





#### The #1 app for runners and cyclists

f

**Continue with Facebook** 

G

**Continue with Google** 

### Sign up an account with STRAVA

		۲	4% 🔲
Profile		Ø	ર્જુ
Z			
Following O	Followers O	(	Find Frie
	Your profile is complete Finalize your profile and settings	80%	your em
Ì	<u>A</u>		
<b>This wee</b> Distance	<b>k</b> Time Elevation Gain		



## You are in!



# 3. Sync STRAVA to 42RACE

56	KAR	en en	
	KAREN ID: 1329 Edit Profil	27 e	
l'm Cool			
73 Followe	rs 43 Following	595 Post	
A	ctivities	Journal	
Stats			
TODAY S	TEPS		R
O ste Avg. daily View a	<b>ps</b> steps in your country: 5,	000steps	R
RUNNING	Avg Avg	. Pace 11'44" . Distance 7.26 K	
	Tota	al Runs 108	0
Events	Feeds Subr	nit Achievem	Ă
Litento			Profil

### Open 42RACE app, go to "Profile" tab and click on " $\equiv$ " sign.



### Click on "Connect an App"





<b>₽</b> 14:37		
You		

#### Click "STRAVA"



#### **Authorize 42Race to connect** to Strava

42Race is the #1 virtual running platform in South East Asia.

Together, we will inspire millions to run.

https://web.42race.com/

42Race will be able to: (?)



View data about your public profile (required)



View data about your activities

Authorize

Cancel

#### Click "Authorize" \*You will need to download and sign up for Strava before this step.





## You did it!

# 4. Hide your STRAVA map (Optional)

ē III. III. a IIM		¦% □□• 15:00
Profile	C	<u>ک</u> ج
Z		
Following Follower	rs	Find Friends
Your comp comp Finalize settingsCont	profile is 80 plete your profile and cho	<b>%</b> oose your email
C3	<u>46</u>	
This week Distance Time O km Oh	Elevation Gain Om	
Last 12 weeks	Record P	O km

Open STRAVA app, go to "Profile" tab and click on " <> " sign.

<sup>™™</sup> • <sup>™</sup>	
Settings	
Beacon	
Partner Integrations	
Display	
Push Notifications	
Contacts	
Privacy Controls	
Weather on Strava	
Support	
FAQ	

15:00

### Click "Privacy Controls"



Dra	٦fi		
1		IC	O

Who can see: Everyone

۲

Activities Who can see: Everyone

Group Activities Who can see: Everyone

Flybys Who can see: No One

#### Additional Controls

Privacy Zones

Metro and Heatmap

Edit Past Activities

#### Privacy Help Center

Support articlas on privacy

#### Click "Privacy Zones"



#### Click "Add a Privacy Zone"



	Add a Pi	rivacy Zo	one	5% 🔲
Addres	S			
Enter an add that starts or for any segn	ress to hide to ends nearby nent that star	the portion of a y. You will not a ts or ends in yo	any past or fut ppear on the l our privacy zoi	ure ac eadert ne.
Select	Radius	(Meter	s)	
200	400	600	800	10
•	•	•	•	

SAVE ctivity board 000

#### Input your regular $\bullet$ running address Adjust radius to 1000 Click "SAVE"



## You did it!

# 5. Record your run in STRAVA



#### **Getting Started**

To get you started, we've detailed a few steps on how to get the most from Strava.

Connect a GPS watch or computer



Record using this app



See what your friends are doing



Learn more about privacy on S



Explore





#### Go to STRAVA, click "Record"



Syria





Click on the pause icon when you need to rest or end your run



### Click on "FINISH" to complete your run

