## **STRAVA**

If you run the Gommer Challenge using Strava, you will need a GPS device/sports watch. If you don't have one, you can participate with the Strava app via your smartphone. You start your timing with a GPS device/sports watch at the "Start of Challenge" sign and stop it at the "End of Challenge" sign. To transfer your time to the ranking list, you have to connect your Gommer Challenge account with Strava once before the race. How this works you can read here:

## 1. REGISTER

- You are new to the Gommer Challenge? Register hier.
- You have already mastered the Gommer Challenge? Get in touch hier.

## 2. PAIR GOMMER CHALLENGE ACCOUNT WITH STRAVA



- Click on "record new time".
- Under "Strava" click on "connect".

STRAVA	
	Gome
	Authorize Gommer-Challenge to connect to Strava Gommer-Challenge https://www.goms.ch/
	Gommer-Challenge will be able to:  View data about your public profile (required) View data about your activities
	Authorize
	To revoke access to an application, please visit your <u>settings</u> at any time. By authorizing an application you continue to operate under our <u>Terms of Service</u> .
	your settings at any time. By authorizing an application you continue to
	your settings at any time. By authorizing an application you continue to

- Authorize Gommer Challenge to transfer data with Strava.
- You may be asked to log in to Strava.
- You can check the connection status under "Record new time".

## **3. PROCEDURE PARTICIPATION**

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		Meine Aktivitäten										
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148 Aktivitäten			Leistungskurve									
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Radfahrt	Fr., 1	12.11.2021	Fah	rt am Morgen 🔒		45:01	0 km	0 m	Bearbe	iten L	öschen	Teilen 👻
Z		Titel		-		Beschreibung			Details Datum: Mi., 10.11.2021	Spe	ichern	Abbrechen
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- Record your activity with a GPS device/stopwatch or the Strava app on your smartphone.

- Your activity must be set to "All" or "For subscribers" under "Privacy settings" on Strava.

- After your run, you will receive an email where you can confirm or adjust the sport.

- After that, your time will definitely be added to the ranking of the Gommer Challenge.