

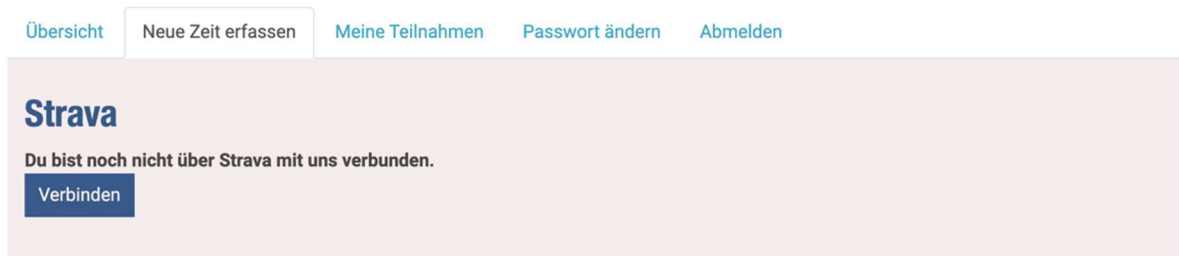
STRAVA

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

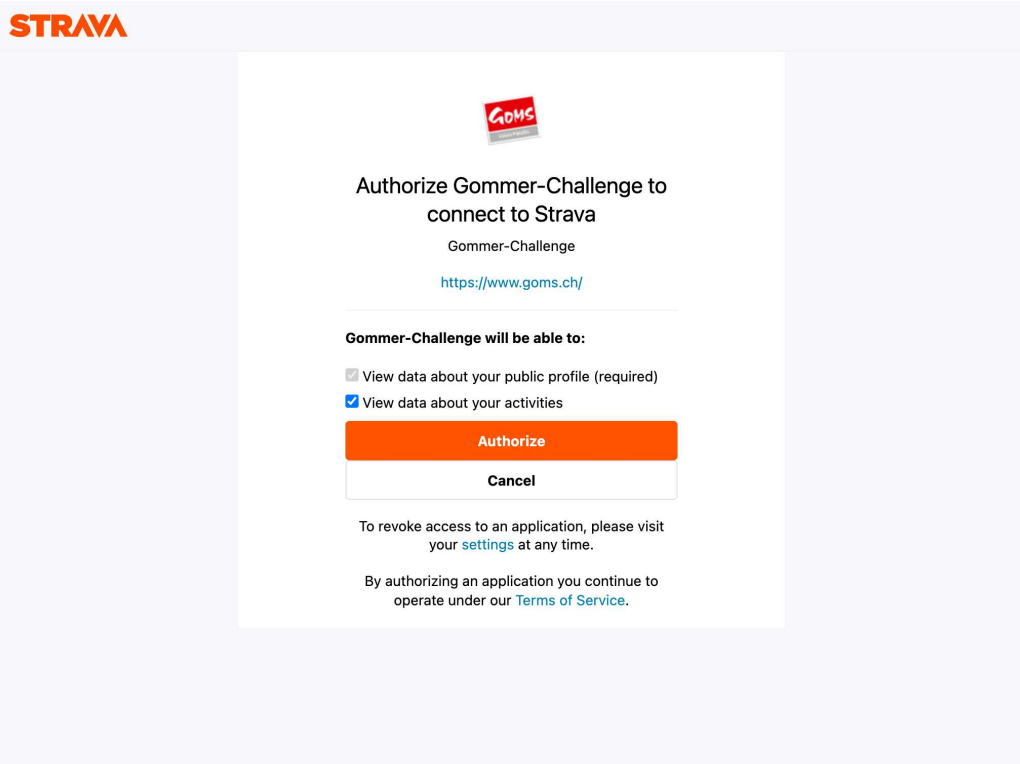
- You are new to the Gommer Challenge? Register [hier](#).
- You have already mastered the Gommer Challenge? Get in touch [hier](#).

2. PAIR GOMMER CHALLENGE ACCOUNT WITH STRAVA



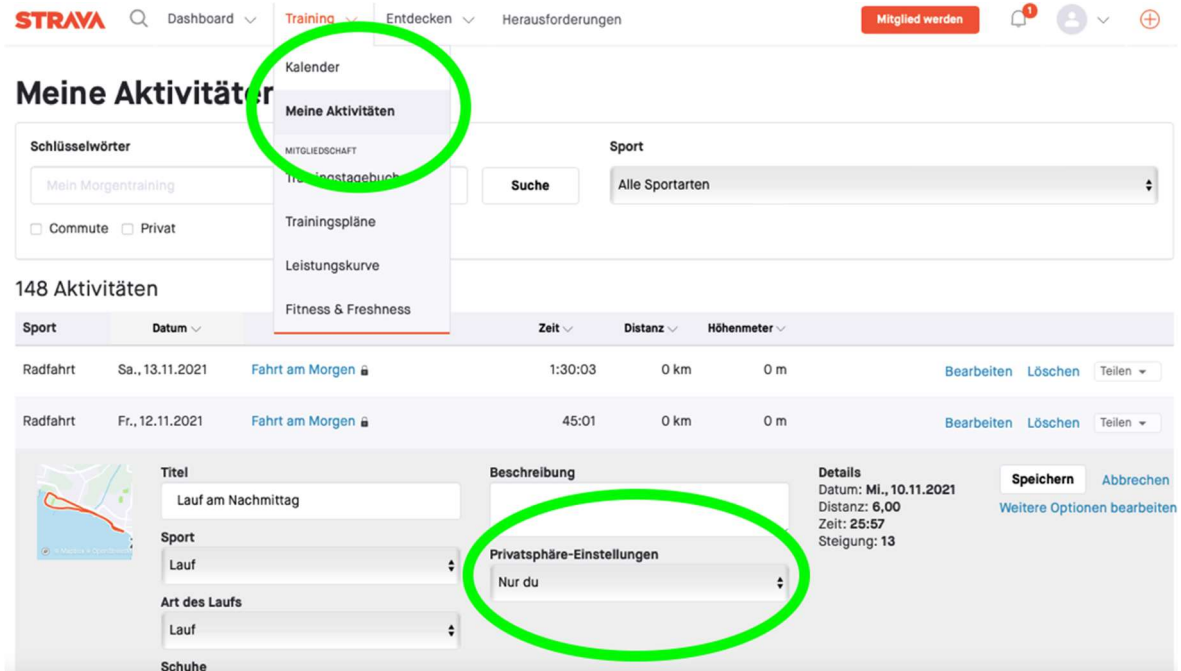
The screenshot shows a navigation bar with the following items: Übersicht, Neue Zeit erfassen, Meine Teilnahmen, Passwort ändern, and Abmelden. Below the navigation bar, there is a section for Strava. The text reads: "Strava" followed by "Du bist noch nicht über Strava mit uns verbunden." and a blue button labeled "Verbinden".

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



- 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



- 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.