

Welcome to the virtual community for Red Hawk Running!  
Now, more than ever, it is important you take care of yourself and others. Hopefully, Strava can be a way we can stay connected and foster some healthy, active habits and friendly competition.



**WHAT IS STRAVA?** Strava is an app that allows you to track your fitness activities. While this club is dedicated to running, you can also track cycling, swimming or other cross-training activities. They will appear in your own profile, but just not on the club page.

Anyone can download Strava - it is a free app. <https://www.strava.com/features> If you install it on your phone, there is a record feature that allows you to track your runs through GPS and it will provide you with info about distance, time, pace and elevation. These are great tools to track your progress. You can also sync most fitness watches with Strava or manually input your runs. Strava also automatically keeps track of your 400m, half mile (800m) 1km and mile (1600m) PRs (Personal Records). Athletes can also select various virtual “badges” as goals to work towards.

**WHEN YOU SET UP YOUR ACCOUNT, DO NOT PICK THE “START FREE TRIAL”.** Just join and you will be on the free version. The “free trial” version will automatically roll into a paid subscription. Strava will try to upsell you to a paid subscription but just ignore these.

Here are some links to some short “how-to” videos I’ve created to help:

**Setting Up Your Account and Adjusting Your Privacy Settings:**

<https://drive.google.com/file/d/196O-g37eQVN5nb8XDyRdMwFMST06ZBwp/view?usp=sharing>

**Syncing Devices and Uploading Activities**

<https://drive.google.com/file/d/1hVSODz27n04b-SbRFQYLb-Fvn3-l3A6B/view?usp=sharing>

**Competing on Segments**

[https://drive.google.com/file/d/1R6\\_8nrOtkRPMYG1Eyp\\_KbKinPKeLIHY5/view?usp=sharing](https://drive.google.com/file/d/1R6_8nrOtkRPMYG1Eyp_KbKinPKeLIHY5/view?usp=sharing)

**CLUBS:** The Club page will create an activity feed of anyone that joins the club. These are “private” clubs and a request to join must filter through the coach. This club will be limited to Red Hawk staff and students. To have a little fun competition, I have created separate clubs for staff and students as the leaderboard will track the weekly mileage for each group and we can have a little healthy competition this way as well as a club for “everyone” where you can follow each other’s times. You can join multiple clubs and “compete” against different groups of athletes this way. I am hoping to expand our Red Hawk Clubs and offer some interschool competition over set distances or compete for average kms/runner with staff and students in other buildings.

**SEGMENTS:** You can also compete on various “segments” that have been created in proximity to the school. If you go to my profile page (Karen Gervais) and scroll down to my Segments in the lower

right corner, you can see some of the routes that have been created. These segments create their own leaderboard with anyone that runs them - whether they intend to or not. Segments are directional and must follow the stop and start points created (most start and end at the school). There are segments on the Rail Trail, Head Lake Trail, Glebe Park and JDH cross country trails to name a few.

**KUDOS/COMMENTS:** This is like giving a virtual thumbs up to someone on their run. You can also write a comment and communicate something encouraging. This is a great way to support each other in our goals.

**FOLLOWERS/FOLLOWING:** If you 'follow' someone, their info will appear in your Activity Feed. If they 'follow' you - your info will appear in THEIR Activity Feed. You will be able to see everyone's activities that are a part of the club on the club page.

**PROFILE SETTINGS & PRIVACY:**

You can adjust your profile to "private" vs. public - meaning it cannot be found by someone who is not in your club or one of your followers. Please keep your communications appropriate and abide by our Code of Conduct. You can also choose to mark any activity you upload as "private" if you don't want to share it.

**MOST IMPORTANTLY:** Have fun, and get out there and run!

**CLUB LINKS TO REQUEST JOINING:**

Red Hawk Running - Everyone: <https://www.strava.com/clubs/RedHawkRunning>

Red Hawkactivity STAFF: <https://www.strava.com/clubs/GR8RedHawkStaff>