


WALKTOBER

Strava Instructions


Strava is a **FREE** physical activity tracking application that can be used through their [website](#) or by downloading their [app](#) on your smartphone. Follow the steps below to join the Walktober Club and be entered to win prizes throughout the month of Walktober!

Bonus: By using Strava you are helping your city! The City of Wichita uses the data in Strava to learn where people in the city are biking and walking.

Strava App

1. In the Apple or Android app store, search for “**Strava**” and install the app. The logo will look like this:

2. If you already have a Strava account, click on the **Log In** option. If you are new to Strava, choose a way to **sign up**:
 - a. Using your Facebook account.
 - b. Using your Google account.
 - c. Using your Apple account.
 - d. Using your email address, entering a password, and clicking on the orange “Sign Up” button.
3. Finish creating your account following the prompts given. Once you are signed up and logged in, you can join clubs and challenges!

To join the Walktober Club using the Strava App:

1. Click on the **search icon** at the top right of the app home page: 
2. Click on “**Clubs**” and search for **Walktober**.
3. Click on “**Walktober**” with the location of Wichita, KS.



Walktober
Wichita, Kansas

4. Click on the orange “**Join Club**” button.
5. Invite your friends to join!

Strava Website

1. Go to www.strava.com.
2. If you already have a Strava account, click on the **Log In** option. If you are new to Strava, choose a way to **sign up**: Facebook, Google, or Apple account, or email address.
3. Finish creating your account following the prompts given. Once you are signed up and logged in, you can join clubs and challenges!

To join the Walktober Club using the website:

1. Click on the “**Explore**” option at the top of the website and choose “**Clubs**.”
2. On the next page, search for Walktober using the options below. Click **Search**.
 - a. **Club name:** Walktober
 - b. **Location:** Wichita, KS
 - c. **Sport Type:** All



Clubs

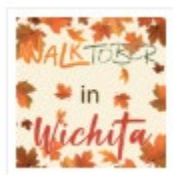
Create a Club



Club Name	Location	Sport Type Cycling	Club Type All	Search
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Search for a club above.

3. Click on “**Walktober**” for Wichita, KS.



Walktober
Wichita, Kansas

4. Click on the orange “**Join Club**” button.

Walktober

Wichita, Kansas

<https://hwcwichita.org/healthy-lifestyles/physical-activity>

Walktober is a free, community-wide physical activity initiative, encouraging you to engage in the recommended 30 minutes of activity five or more days of the week. Walking is a perfect way to meet that goal!

Enjoy each day of October's pleasant temperatures with a friend, child, spouse, co-worker, neighbor or pet. You might get hooked! Forming a walking habit is comfortable with the partnership and accountability of friendship, family, neighbors, co-worker or dog. Walking-and-talking is relaxing for mental health and stimulating to body's health.

Join Club

5. Invite your friends to join!