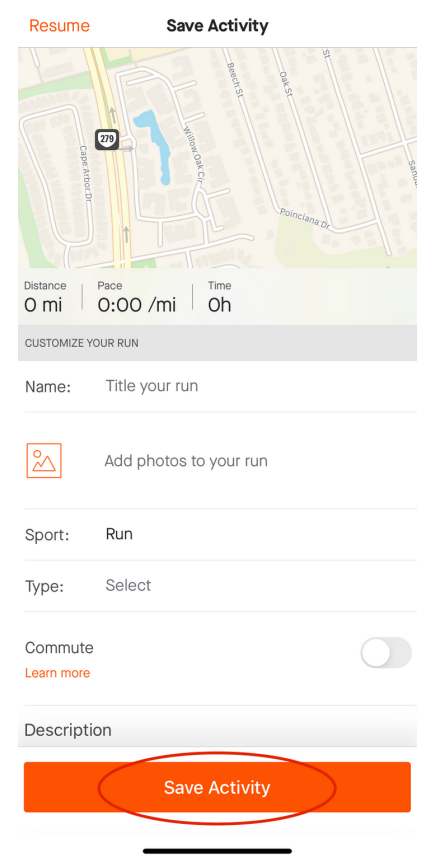
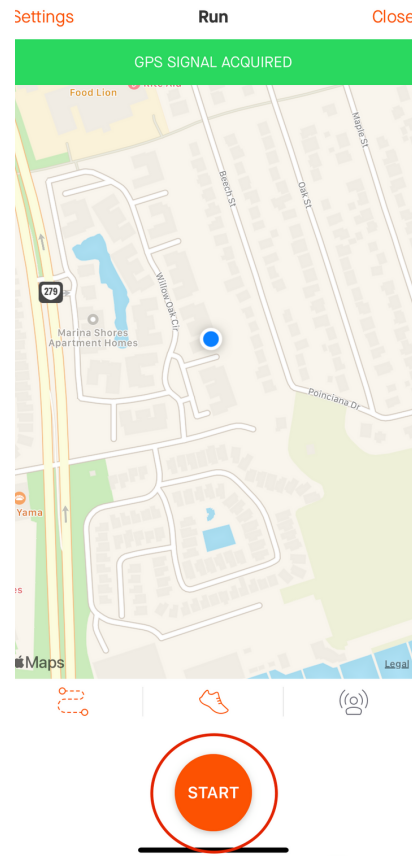
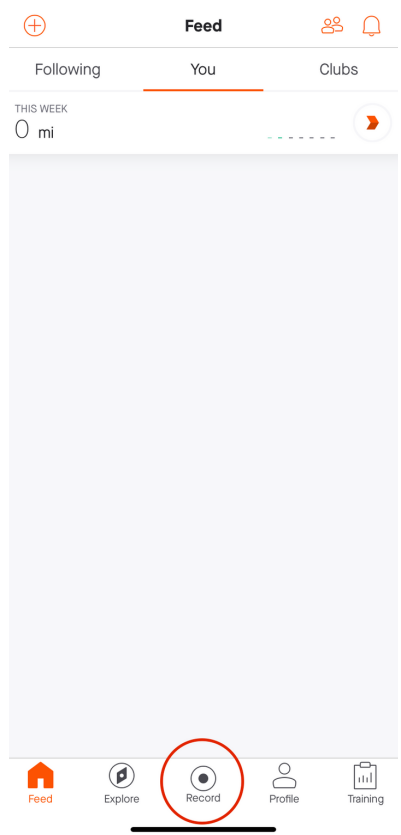




STRAVA

# STARTING A WORKOUT

1. Click "Record" in the center on the bottom
2. Start your walk/bike/run during the week of June 7-12
3. Once finished your activity, hit the stop button and then the "Finish" button
4. Add any details or pictures you would like to share
5. Hit "Save Activity" It will then be saved to your profile and included in the mile total for the 2021 Torch Run



2021 TORCH RUN