



STRAVA

ENTERING A MANUAL WORKOUT

1. Click on "Feed" in the bottom left corner, then hit the plus sign in the top left corner
2. Choose "Manual Activity" option on the far right
3. Enter the details of your walk/bike/run during the week of June 7-12. You can even share photos from your activity!
4. Hit "Save Activity" It will then be saved to your profile and included in the mile total for the 2021 Torch Run

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