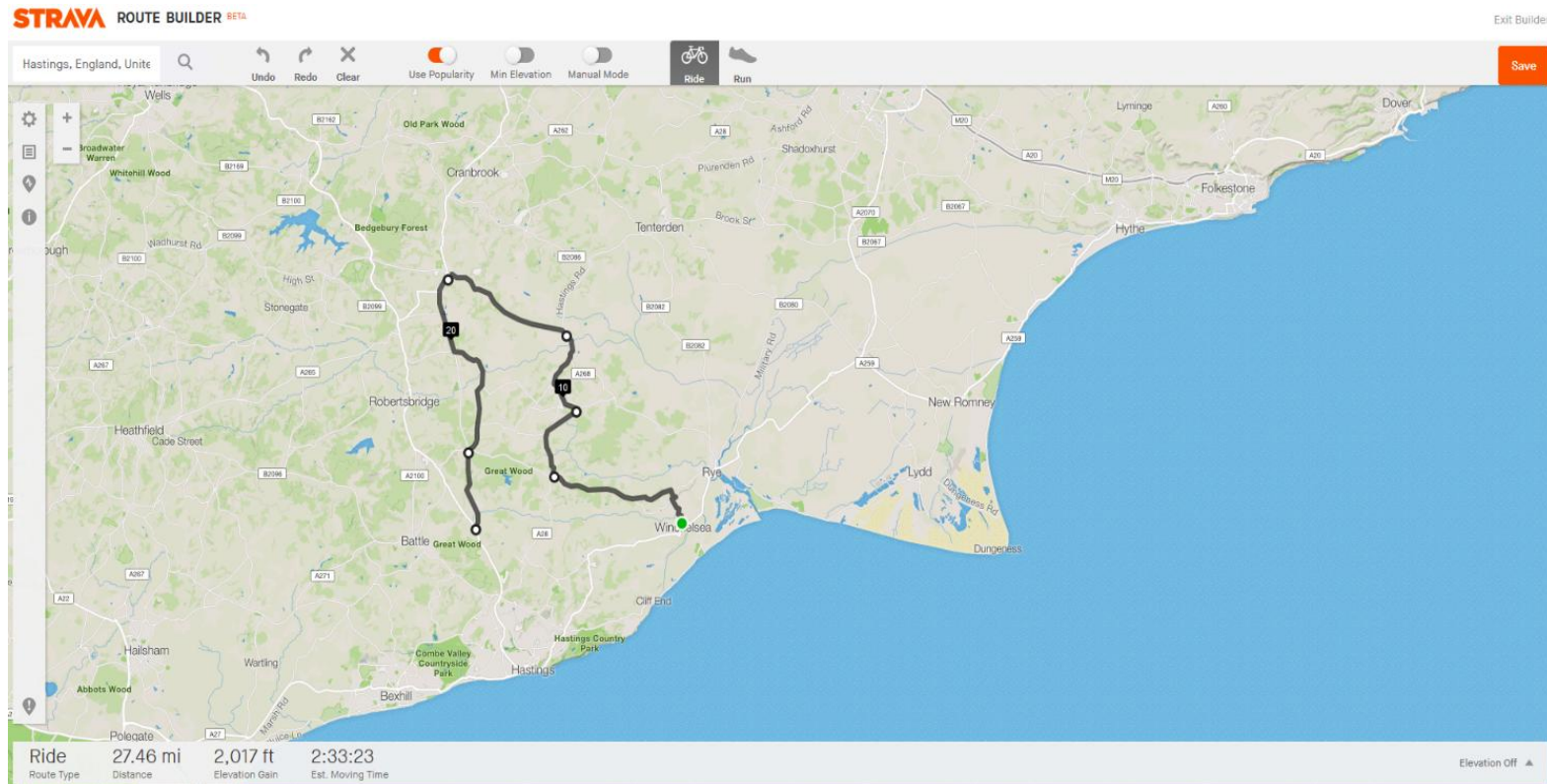


## Using Strava for Ride Planning (linked to Elemnt)

- Open a browser e.g. Google, Internet Explorer, Google Chrome, Firefox, Safari.
- Search for Strava (can't be done on an App has to be a website)
- Open Strava
- Log In
- Once on the dashboard select the orange plus sign in a circle, top right.
- Select 'Create a route' from the dropdown menu

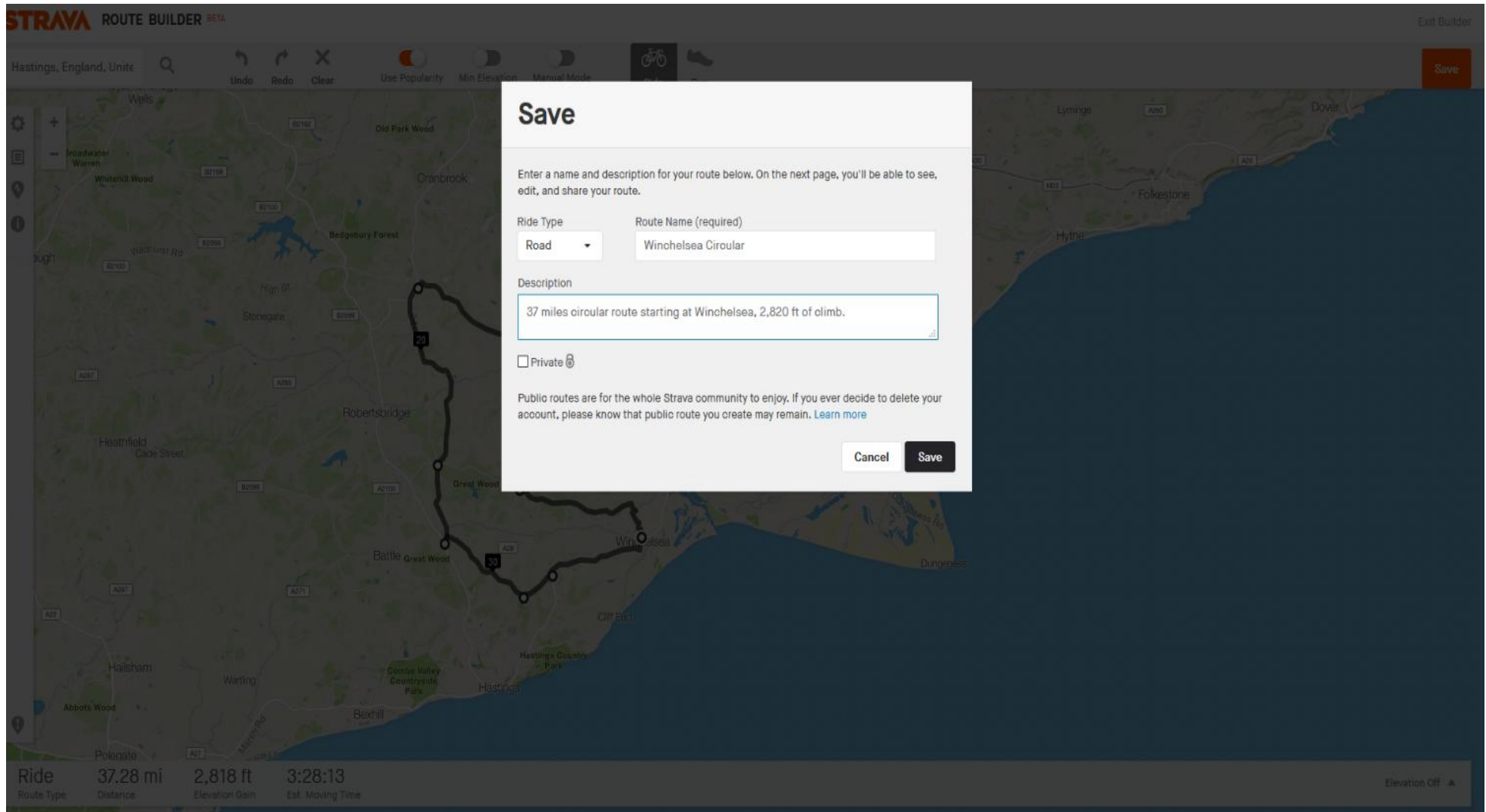
The screenshot shows the Strava website dashboard for user Anthea Eldridge. The top navigation bar includes the Strava logo, a search icon, and menu items for Dashboard, Training, Explore, and Challenges. On the right, there is a 'Start Free Trial' button, a notification bell with 3 alerts, a profile picture, and a plus sign in a circle. The main content area is titled 'Following' and features a large banner for 'First month's on us'. Below this is a 'Redeem your free trial' section with a 'Start Your Free Trial' button. The central focus is a cycling activity by Tim Eldridge titled 'Lunch Ride', dated 14 February 2020 at 12:45. The activity details are: Distance 18.36 mi, Elev Gain 2,270 ft, and Time 1h 26m. A map shows the route in an orange line around the Clive Vale area. Below the map, it says '17 kudos'. On the left side of the dashboard, there is a profile card for Anthea Eldridge with 5 following, 16 followers, and 185 activities. Below that is a 'Latest Activity' section for 'Morning Ride' on 12 February 2020, and a 'Your Training Log' link. A 'Get the Training Pack' promotion is also visible. On the right side, there is a dropdown menu with options: 'Upload activity', 'Add manual entry', 'Create a route', and 'Create a post'. Below the menu are sections for 'Challenges', 'Clubs', and 'Try a Privacy Zone'. At the bottom right, there is a 'Suggested Friends' section listing Fiona Cook, Heather Pilbeam, and Stephen Young.

- Click on 'Ride' (bike icon) on the top task bar
- Place dot on chosen start location
- Create route by placing dots along the chosen route



- Use the undo, redo, clear icons on the task bar if necessary
- Note at bottom of screen shows – Distance, Elevation and Est. Moving Time
- When complete, click 'Save' – top right

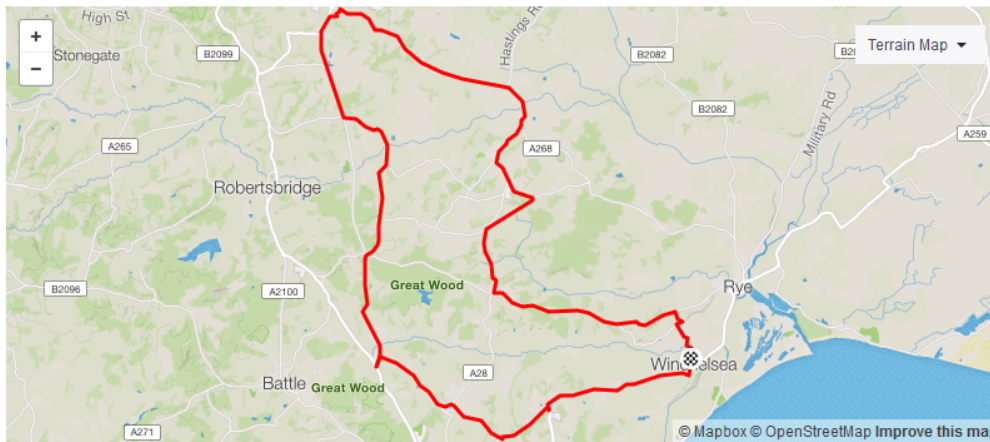
- Fill in detail eg. Winchelsea Circular
- Save (black box bottom right)



- Click View Route - can share, email to friends

## ☆ Winchelsea Circular

[Print](#)
[Export GPX](#)
[Export TCX](#)
[Edit](#)
[Duplicate](#)



### Segments

Name	Distance	Elev. Diff.	Avg. Grade
<a href="#">Horns Cross to Clayhill</a>	1.24 mi	177 ft	-0.9%
<a href="#">start climbing</a>	0.25 mi	64 ft	4.7%
<a href="#">Rock Hill, Staplecross</a>	1.03 mi	229 ft	4.2%
<a href="#">Staplecross Hill</a>	1.63 mi	275 ft	3.1%
<a href="#">Turn UP</a>	0.43 mi	144 ft	6.1%



By Anthea Eldridge

Created on 16 February 2020

**37.28mi** Distance  
**2,818ft** Elevation Gain  
**Road** Ride Type

Est. Moving Time 3:28:13

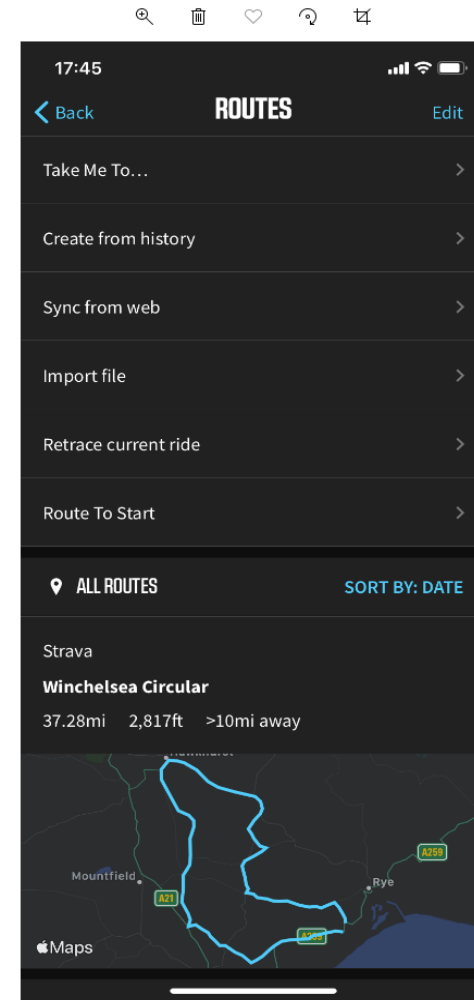
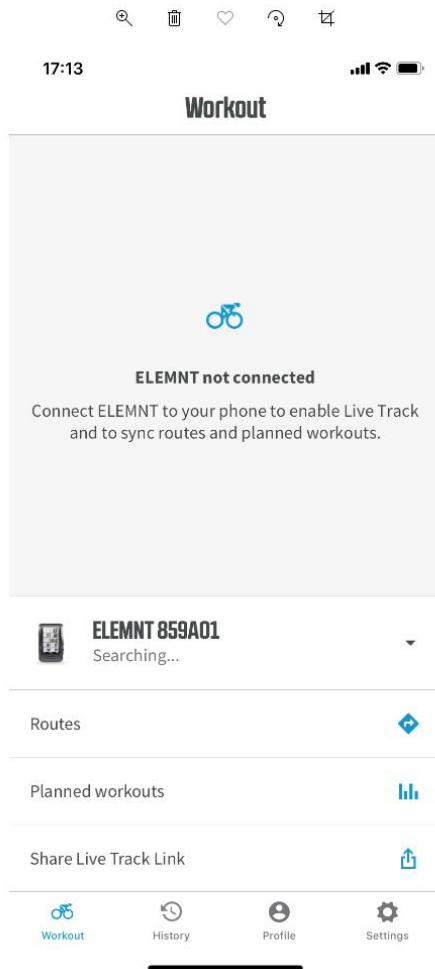
37 miles circular route starting at Winchelsea, 2,820 ft of climb.

Share this Route with Friends

[Share](#)
[f](#)
[t](#)
[✉](#)

Find Elemnt App on phone

Ensure on 'Workout' screen



Click on routes

The ride will sync with Elemnt bike computer



