

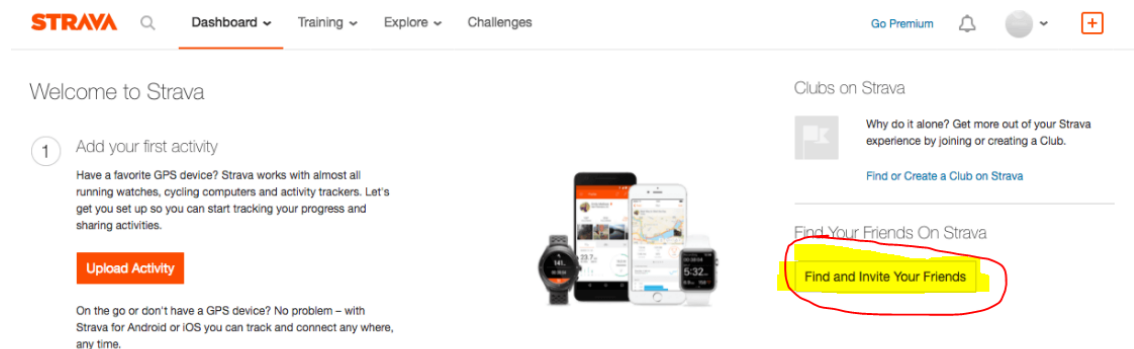
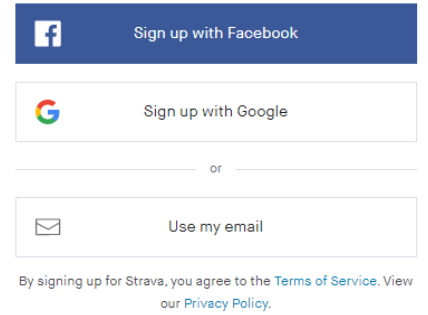
Get up to date grooming information by following the groomer on STRAVA

There are two ways to receive information. Either visit the **STRAVA website** or download the **STRAVA app** to your mobile device. You will also need a STRAVA account... sign up it's free!



Get started by downloading STRAVA app or visiting: www.strava.com

- Once you begin you will be prompted to sign in using one of the Options shown (right).
- After filling out the form and clicking "Sign Up", you'll be prompted to check your email to confirm your account.
- You will now be on the STRAVA Dashboard page, and as it's your first time logging in you'll be prompted to do some things. You can either do what they are asking or skip all these steps.
- After you dismiss / finish all of the initial prompts, you should be treated to the dashboard screen which looks like this. Now select "Find your friends" and add **CNSC Trail Grooming** as you friend.



- You should now see the Groomer in you feeds. Visit STRAVA any time to see LIVE updates and grooming activities.

Here's a sample of what you will see. Notice the exact time and path the groomer took.

CNSC Trail Grooming – Ice Skate Give Kudos 👍 11 💬 0

12:45 PM on Saturday, December 28, 2019

Lunch Activity

Distance	8.52 km	Moving Time	43:08	Elevation	174 m
Speed	Avg 11.9 km/h		Max 16.6 km/h		
Elapsed Time	54:37				

[STRAVA LABS View Flybys](#) [Strava iPhone App](#)

