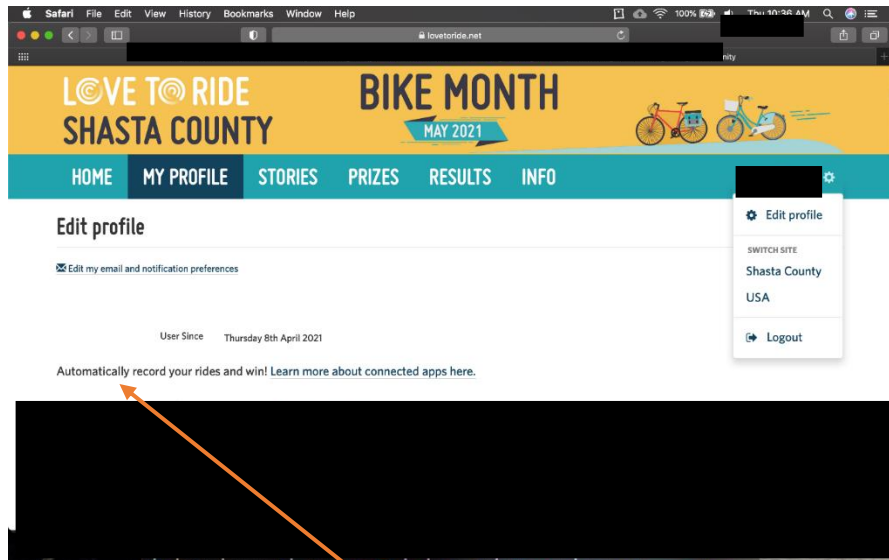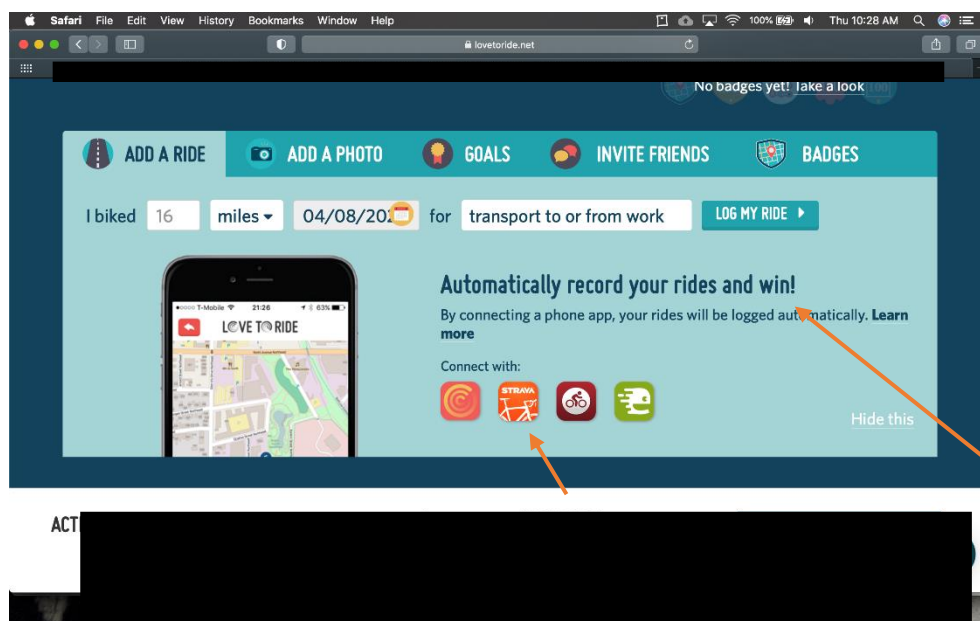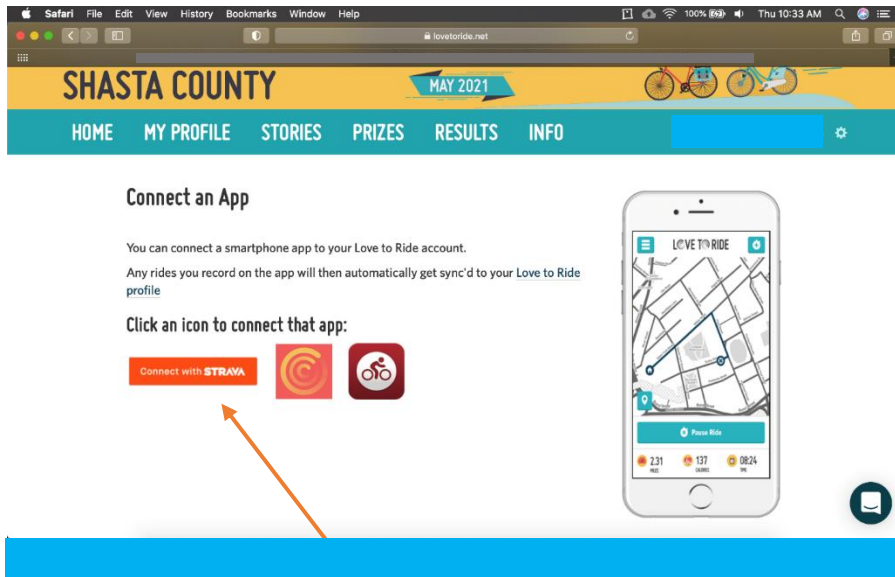# How to connect with *Strava* so your rides are logged automatically with Love to Ride
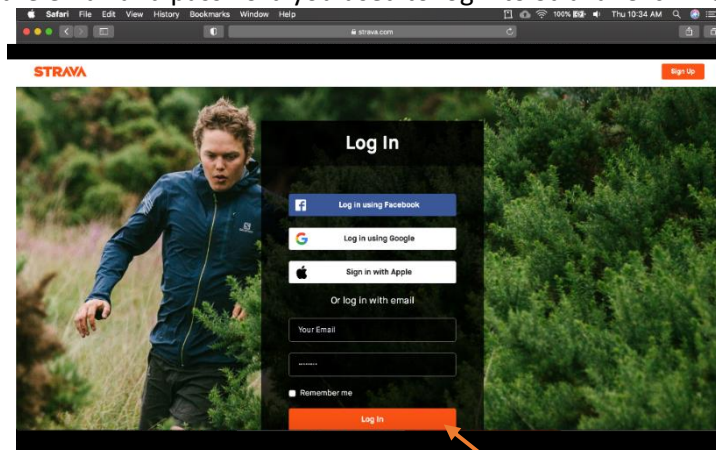

1. On your profile page, look for the words "Automatically record your rides and win!" You will see a list of apps you can record your rides with. For the purposes of these instructions, we will walk you through connecting with Strava.

2. Make sure you have the Strava App on your mobile device, and you know your login information for the Strava App.
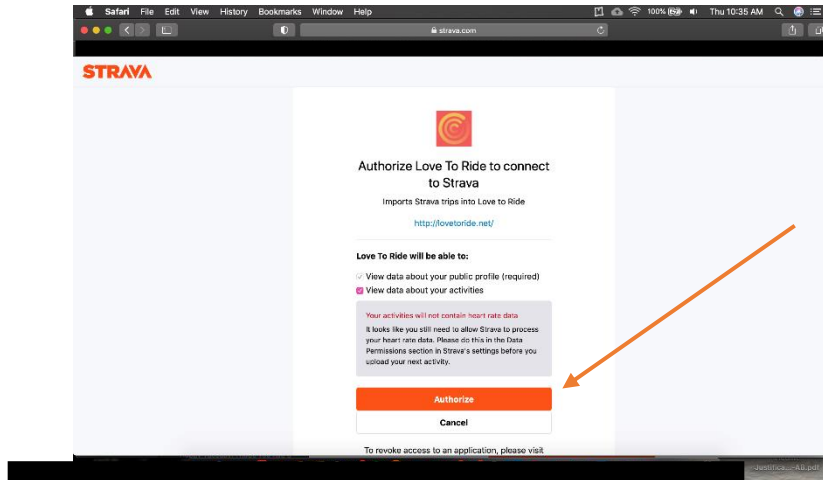
3. Click on 'Connect with STRAVA'

4. Login to Strava using the email and password you used to login to Strava. Click 'Authorize.'

5. Your profile on Love to Ride should now say you are connected with Strava.