# Registering on Love to Ride for the Shasta Bike Month & Challenge 2022

## For new participants and returning participants

1. Start by going to the website: lovetoride.net/shasta on your internet browser.

2. Click on the 'Register tab' in the blue bar. Choose how you would like to sign up. For the purposes of these instructions, we will sign up through email. If you already have a profile, click 'Log In'.
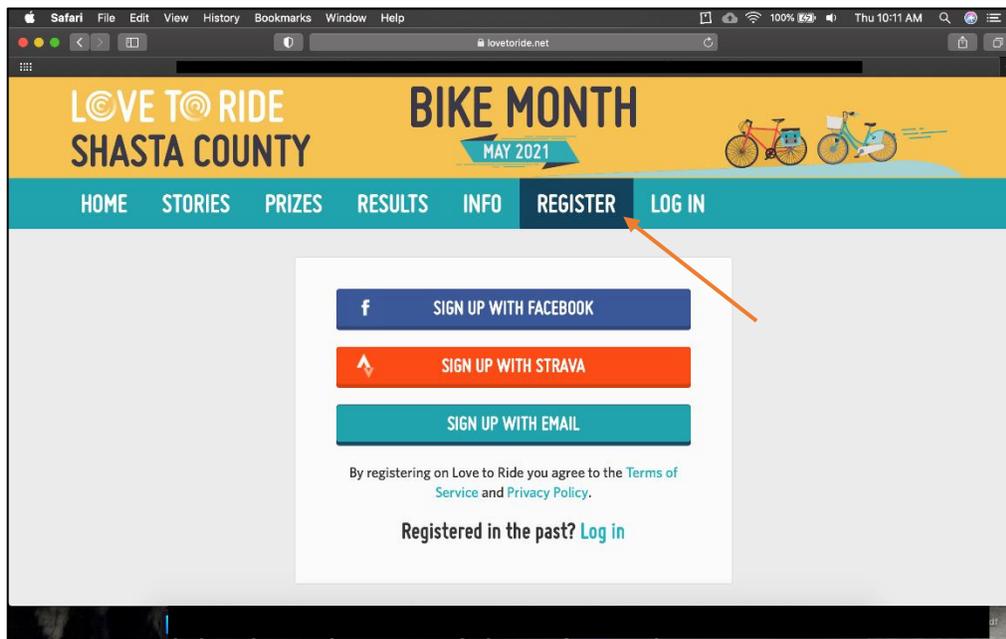

3. Once you sign in, you will be prompted to opt into The Bike Month Challenge for 2022 (A message will pop up within a few seconds.) Fill in the prompts. Be sure to use a valid email as that is how we will keep you up to date with challenge details and notify you if you win a prize! Fill out the survey when prompted. This will help determine if you are a new or regular rider during the challenge.
   A new rider is someone who doesn't ride at all (yet), or less than once a month when they sign up to Love to Ride.

4. If you are new to Love to Ride, fill in your personal information. Make sure you use a valid email address that you can check regularly. You don't want to miss out on being notified if you win a prize! Click 'Register.'
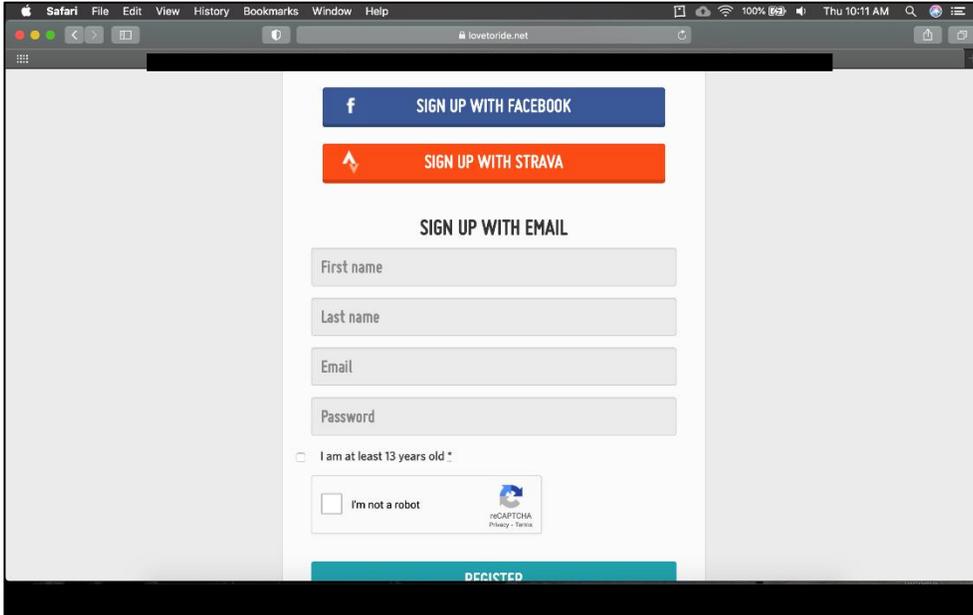

5. Now that you are registered and can see your profile, you will want to make sure that the gray box on the right side of your profile states **you are registered in The Bike Month Challenge for 2022!** Feel free to upload a profile photo, update your reason for riding, and connect with an app so your rides are logged automatically. **DIRECTIONS FOR CONNECTING TO STRAVA ARE BELOW.**
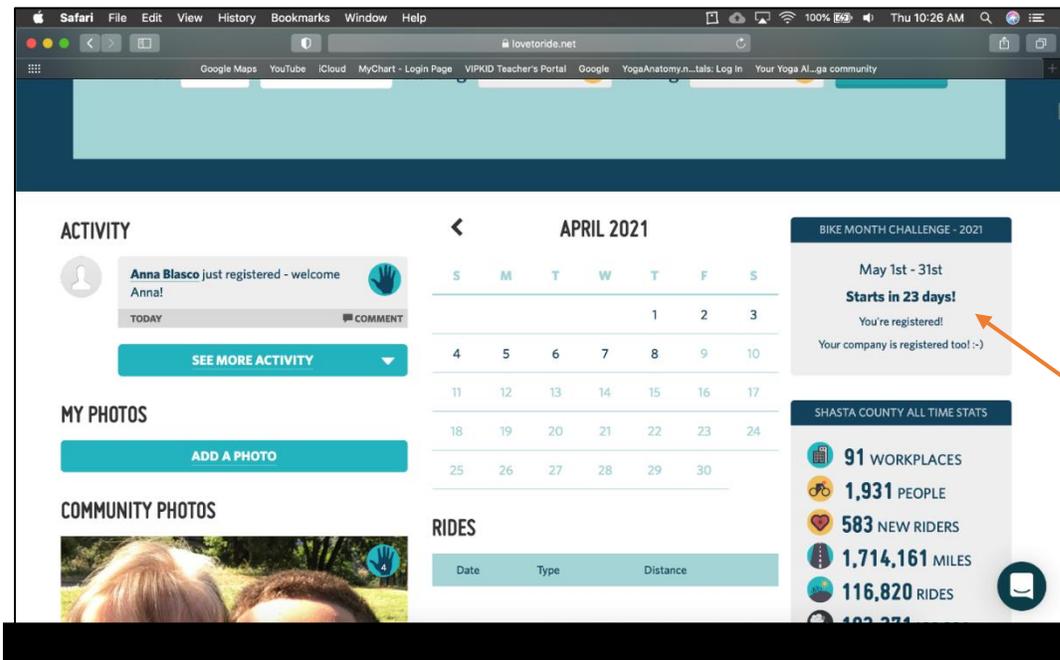
If you do not want to connect with an app, you will need to log each ride manually on your profile after you finish each ride.

If you connect with an app and the ride information does not sync correctly, you can adjust information on your Love to ride profile manually as well.

6. You can update your profile at any time by clicking on the wheel icon by your name.
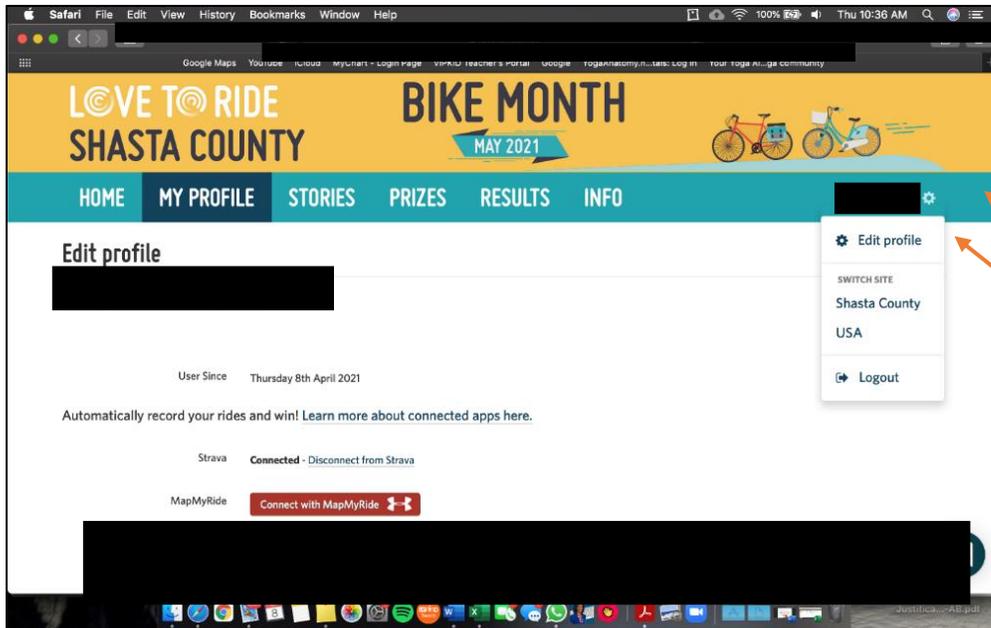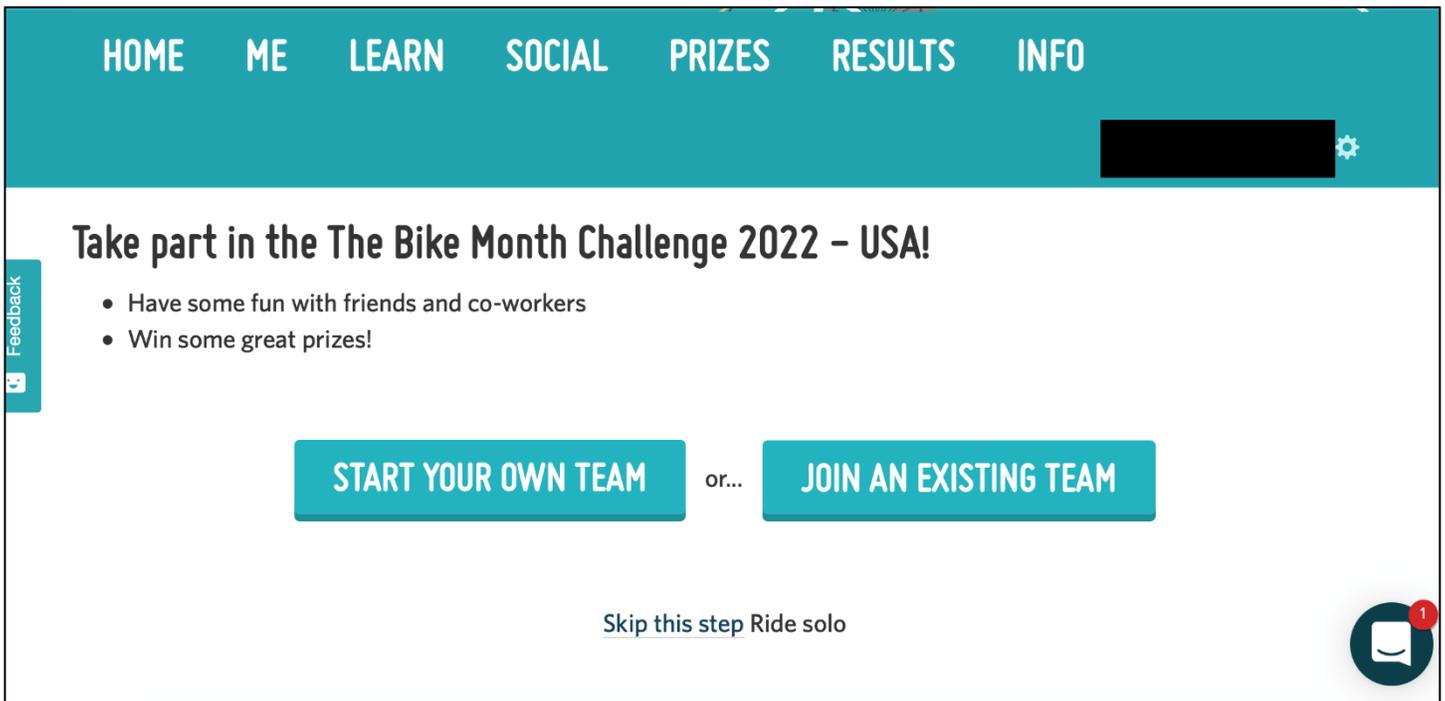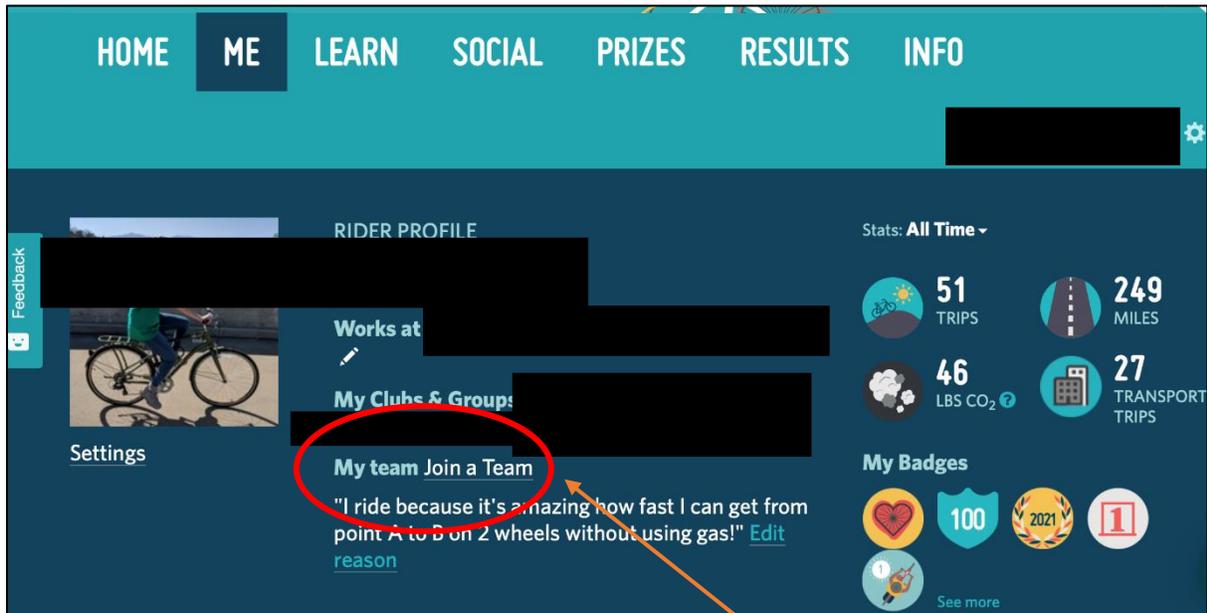

How to Join a Team!

Create or join a team of up to 10 people to compete in The Bike Month Challenge and at the local level (Shasta County). The top 3 teams with the most points will win team prizes!

*The rider who creates the Team is designated as 'Captain'. Apart from being a completely excellent human, as Team Captain, you are responsible for rallying your riders and cheering them on. Once your team is created and you want your teammates to sign up, give them the name of the team they should join. Instructions below. ⬇

1. Under your rider profile, click "My team: Join a Team".

   *If you create the team, you are automatically the Team Captain. Otherwise, you can join an existing team and look for the team name your team captain gave you. If you wish to compete as an individual, that's fine too! No matter what, the more points you earn, the more entries you get for prize drawings!
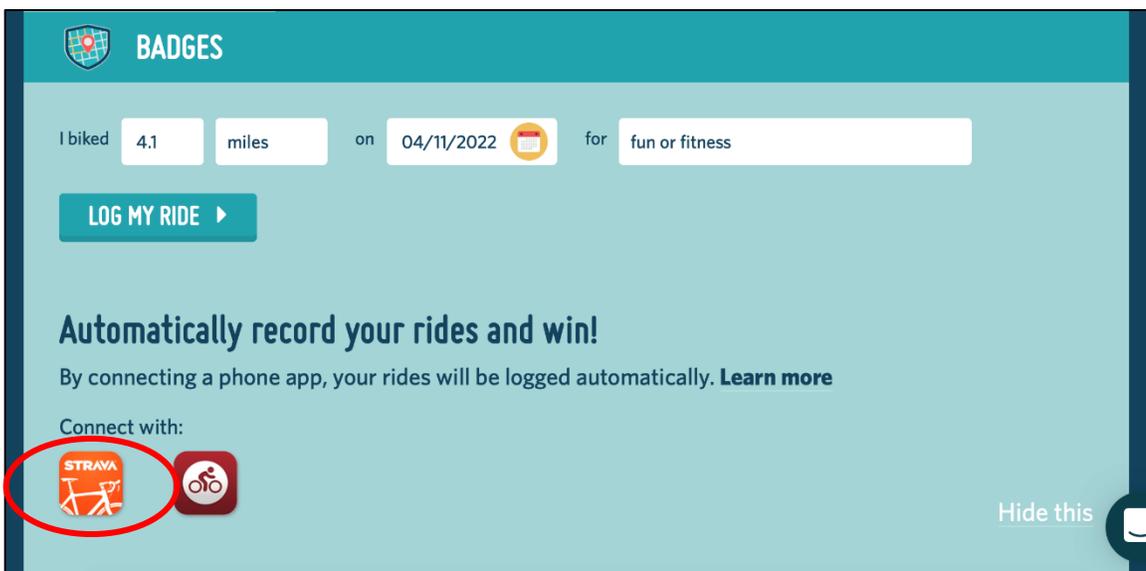
1. On your profile page, scroll down a little bit and look for the words "Click here to log rides automatically!" You will then see 2 apps you can record your rides with. For the purposes of these instructions, we will walk you through connecting with Strava.
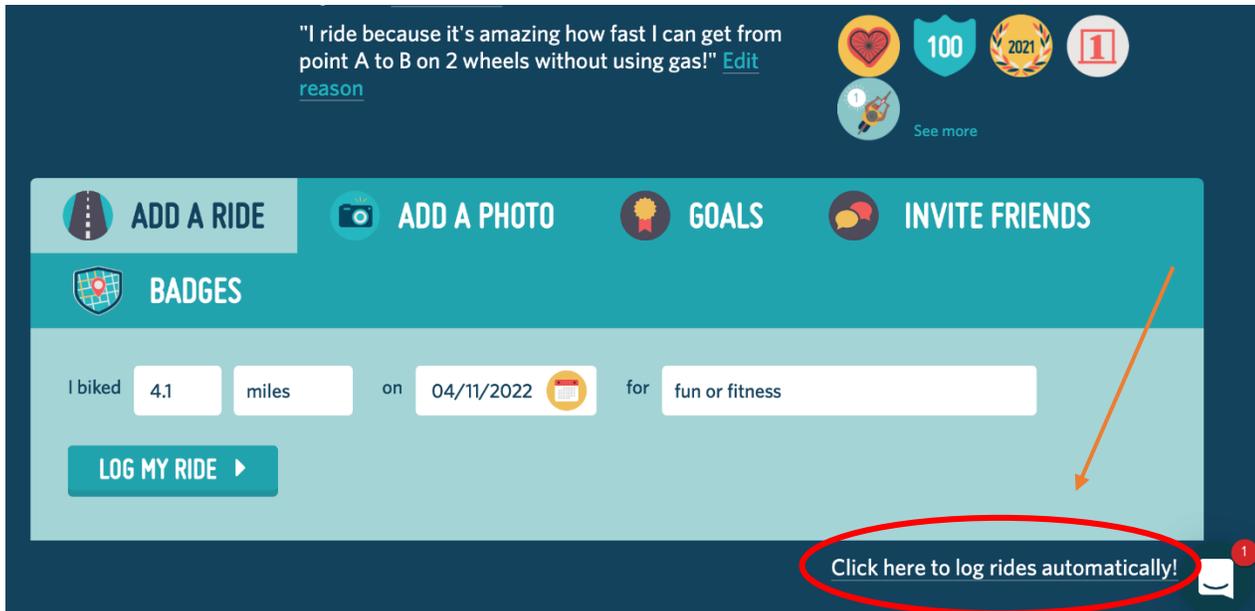
2. Click on the Strava Icon

3. Click on 'Connect with STRAVA'

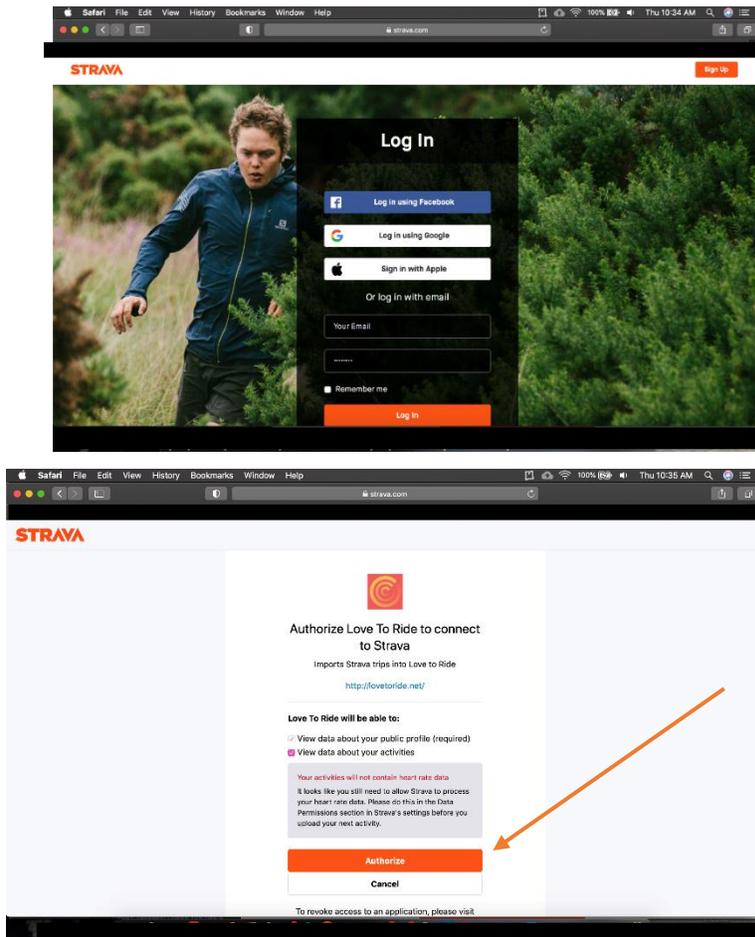*Make sure you have the Strava App on your mobile device, and you know your login information for the Strava App. If you don't already have Strava, download the free app and create a login.
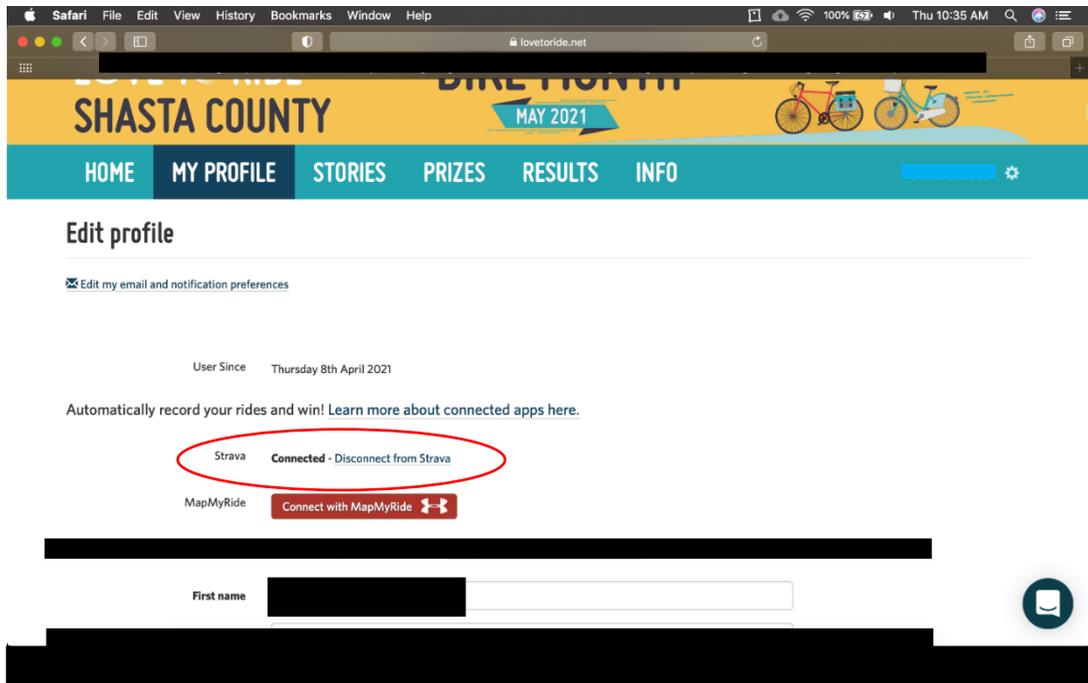
4. Login to Strava using the email and password you used to login to Strava. Click 'Authorize.'

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

CONGRATULATIONS!
YOU ARE NOW READY TO RIDE!