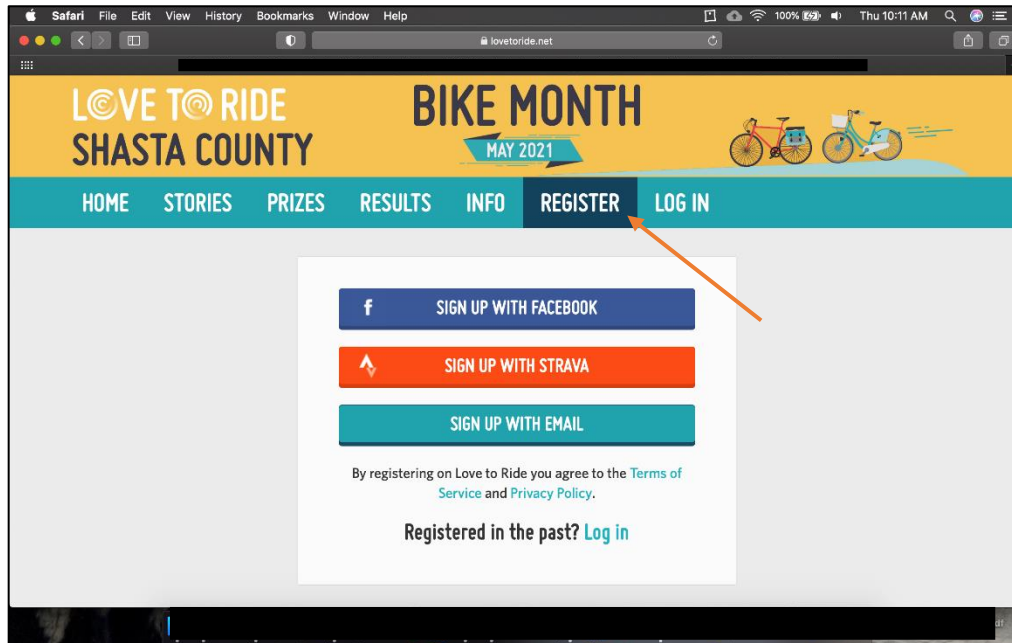




Registering on Love to Ride for the Shasta Bike Month & Challenge 2023

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 this demo, 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 2023 (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 with 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 check regularly. You don't want to miss out on being notified if you win a prize! Click 'Register.'**

A screenshot of the registration page on loveto ride.net. The page has a dark header with the site name. Below the header, there are three main sections for signing up: "SIGN UP WITH FACEBOOK" (blue button), "SIGN UP WITH STRAVA" (orange button), and "SIGN UP WITH EMAIL" (white form). The email sign-up form includes fields for "First name", "Last name", "Email", and "Password". Below these fields are two checkboxes: "I am at least 13 years old" and "I'm not a robot" (with a CAPTCHA image). At the bottom of the form is a teal "REGISTER" button.

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 page says: **"You're registered!"**

A screenshot of a user's profile page on loveto ride.net. The page is divided into several sections. On the left, there's an "ACTIVITY" section showing a recent post by "Anna Blasco" and a "MY PHOTOS" section with an "ADD A PHOTO" button. Below that is a "COMMUNITY PHOTOS" section. In the center, there's a calendar for "APRIL 2021" and a "RIDES" table with columns for "Date", "Type", and "Distance". On the right, there's a "BIKE MONTH CHALLENGE - 2021" section with a gray box that says "May 1st - 31st", "Starts in 23 days!", "You're registered!", and "Your company is registered too!". Below this is a "SHASTA COUNTY ALL TIME STATS" section with various statistics like "91 WORKPLACES", "1,931 PEOPLE", "583 NEW RIDERS", "1,714,161 MILES", and "116,820 RIDES". An orange arrow points to the "You're registered!" text in the gray box.

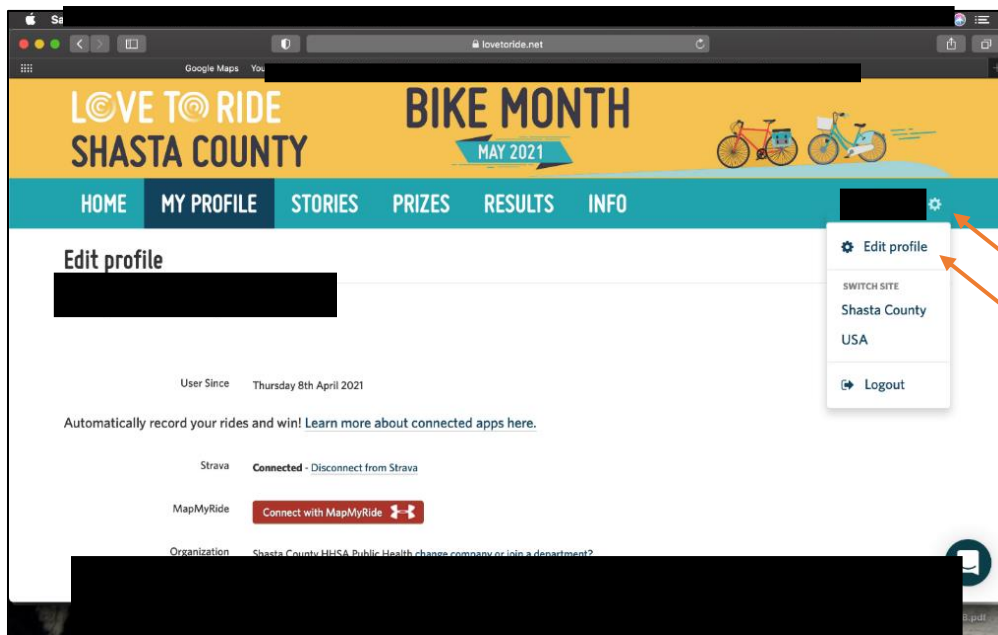


6. Feel free to upload a profile photo, update your reason for riding, and connect with an app so your rides are logged automatically. You'll also want to update your workplace by clicking on the pencil icon and searching for your workplace or creating a new profile for your workplace if you are the first one registering. **DIRECTIONS FOR CONNECTING TO THE STRAVA APP 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.

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



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

- ★ Love to Ride now has a mobile app for iPhone users and will soon be available for Android users!

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.

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.



"I ride because it's amazing how fast I can get from point A to B on 2 wheels without using gas!" [Edit reason](#)

[See more](#)

ADD A RIDE **ADD A PHOTO** **GOALS** **INVITE FRIENDS**

BADGES

I biked miles on for

LOG MY RIDE ▶

[Click here to log rides automatically!](#)

2. Click on the Strava Icon

BADGES

I biked miles on for

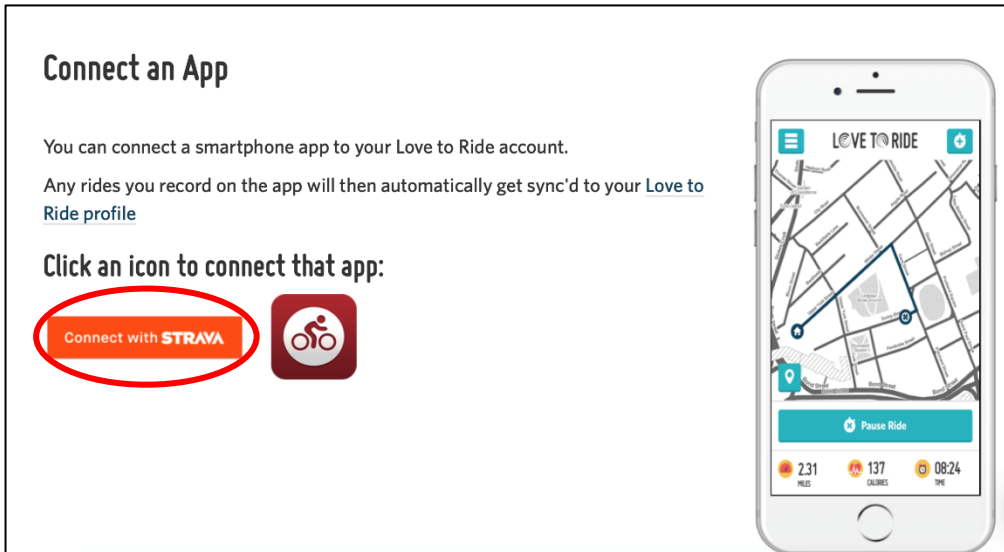
LOG MY RIDE ▶

Automatically record your rides and win!
By connecting a phone app, your rides will be logged automatically. [Learn more](#)

Connect with:

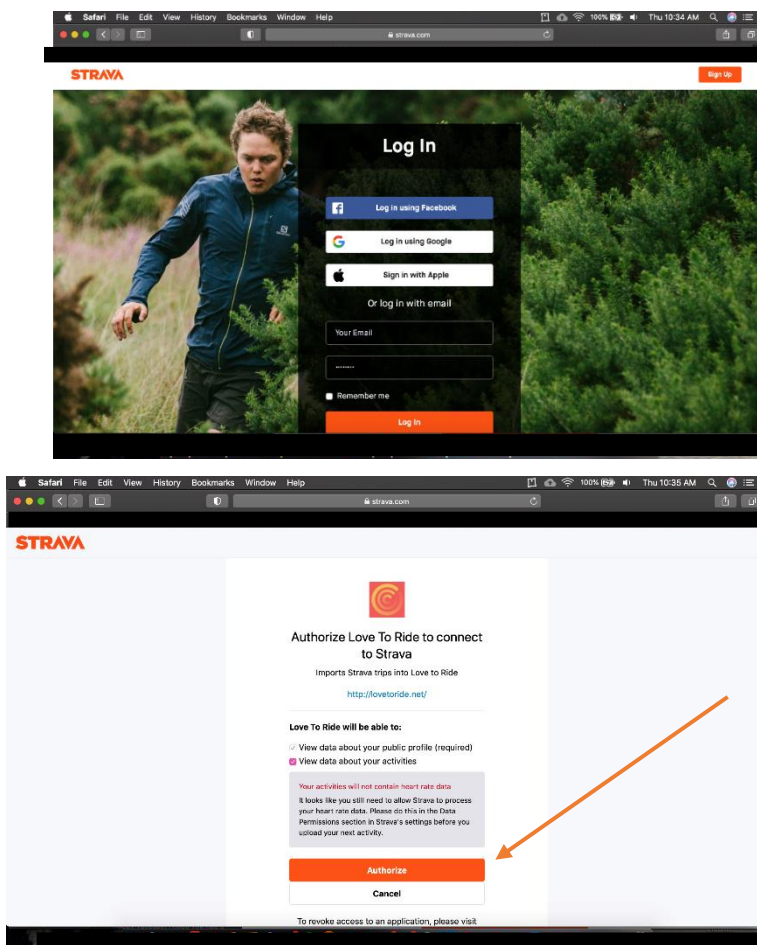
[Hide this](#)

3. Click on 'Connect with STRAVA'



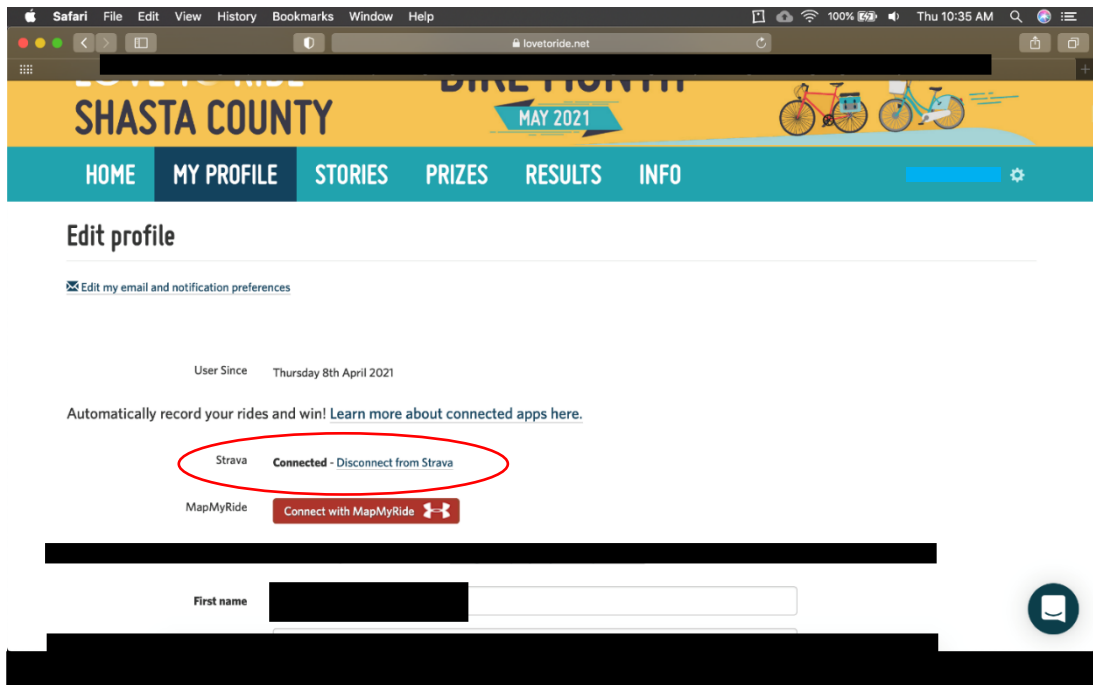
*Make sure you have the Strava App on your mobile device, and you know your login information for the Strava App. If you don't already have Strava, download the free app and create a login.

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!