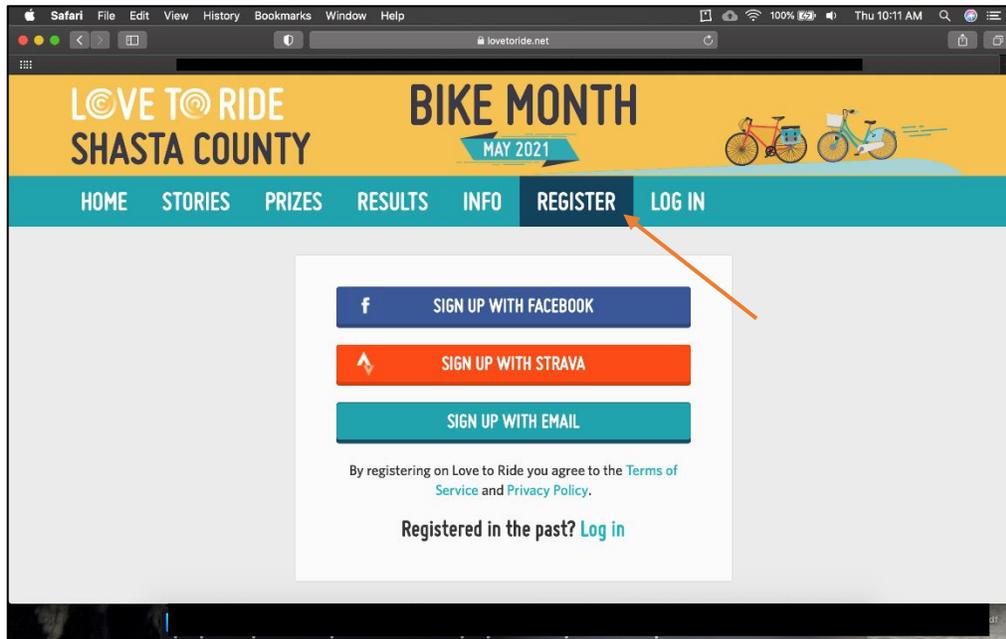




Registering on Love to Ride for Shasta Bike Month & Challenge Events

For new participants and returning participants:

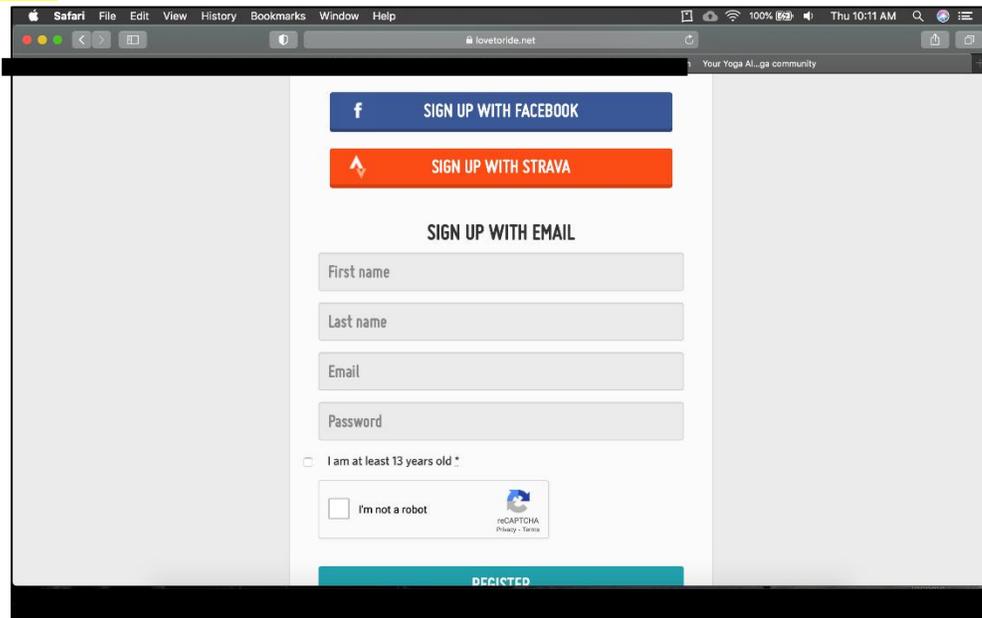
1. Start by going to the website: lovetoride.net/shasta on your internet browser.
2. Click on the 'Register tab' in the blue bar. Choose how you would like to sign up. For the purposes of this demo, we will sign up through email. If you already have a profile, click 'Log In'.



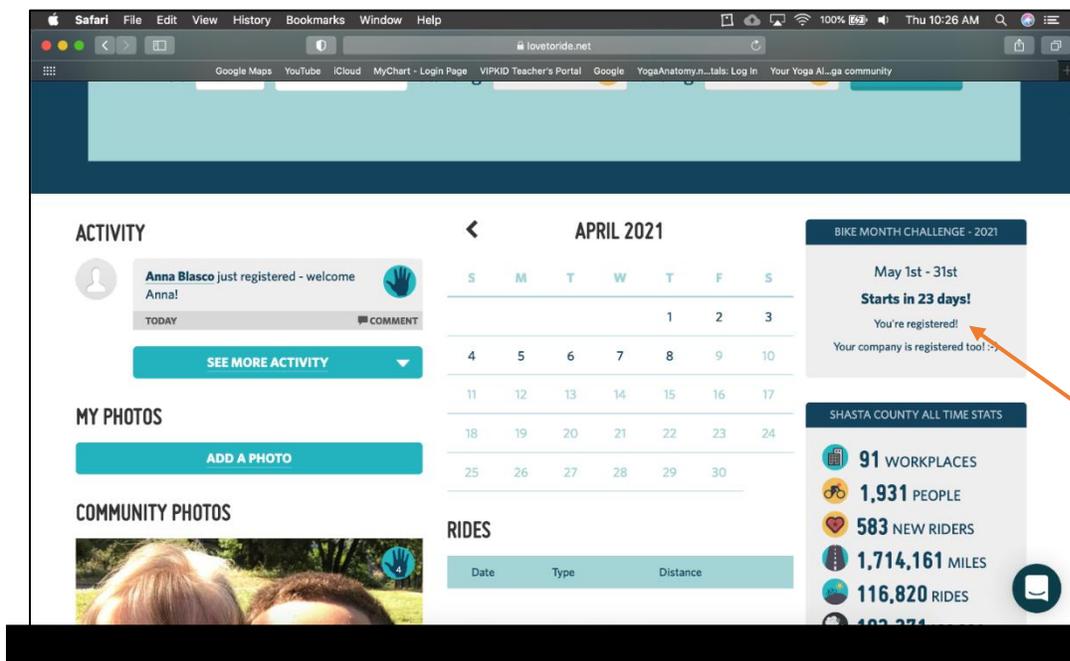
3. Once you sign in, you will be prompted to opt into the challenge that is currently taking place (a message will pop up within a few seconds.) Fill in the prompts. **Be sure to use a valid email as that is how we will keep you up to date with challenge details and notify you if you win a prize!** Fill 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.'**



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!"**



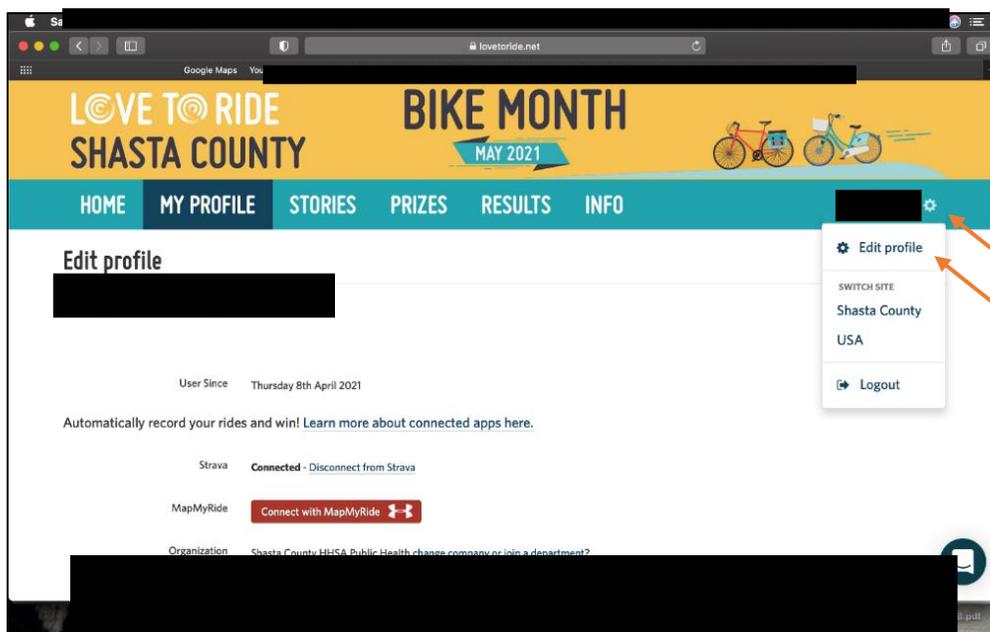


6. Feel free to upload a profile photo, update your reason for riding, and connect with an app like the [Love to Ride App](#) so your rides are logged automatically. You'll also want to update your workplace by clicking on the pencil icon and searching for your workplace or creating a new profile for 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 that allows you to automatically log all your rides without having to remember to press start and stop, and allows you to say where you feel most comfortable and least comfortable riding on our area so biking infrastructure can be improved.

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.

A screenshot of a user profile page. At the top, there's a quote: "I ride because it's amazing how fast I can get from point A to B on 2 wheels without using gas!" with an "Edit reason" link. Below the quote are several achievement icons: a heart, a shield with "100", a "2021" medal, and a "1" badge. A "See more" link is next to them. A teal navigation bar contains "ADD A RIDE", "ADD A PHOTO", "GOALS", and "INVITE FRIENDS". Below this is a "BADGES" section. A form shows "I biked 4.1 miles on 04/11/2022 for fun or fitness" with a "LOG MY RIDE" button. At the bottom right, a notification bubble says "Click here to log rides automatically!" which is circled in red. An orange arrow points from the "LOG MY RIDE" button area towards this notification.

Click on the Strava Icon

A screenshot of the "Connect with" section on the profile page. It features the heading "Automatically record your rides and win!" and the text "By connecting a phone app, your rides will be logged automatically. Learn more". Under "Connect with:", there are two icons: the Strava logo and the oTo logo. The Strava icon is circled in red. A "Hide this" button is visible in the bottom right corner.



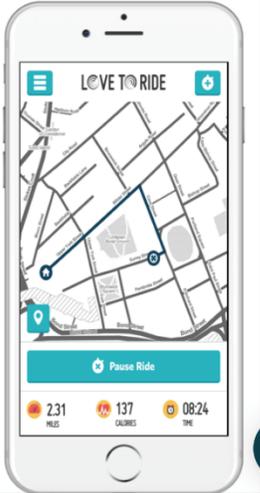
2. Click on 'Connect with STRAVA'

Connect an App

You can connect a smartphone app to your Love to Ride account.
Any rides you record on the app will then automatically get sync'd to your Love to Ride profile

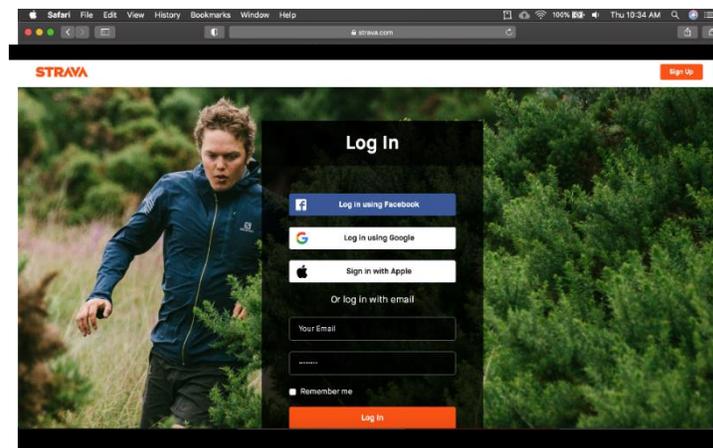
Click an icon to connect that app:

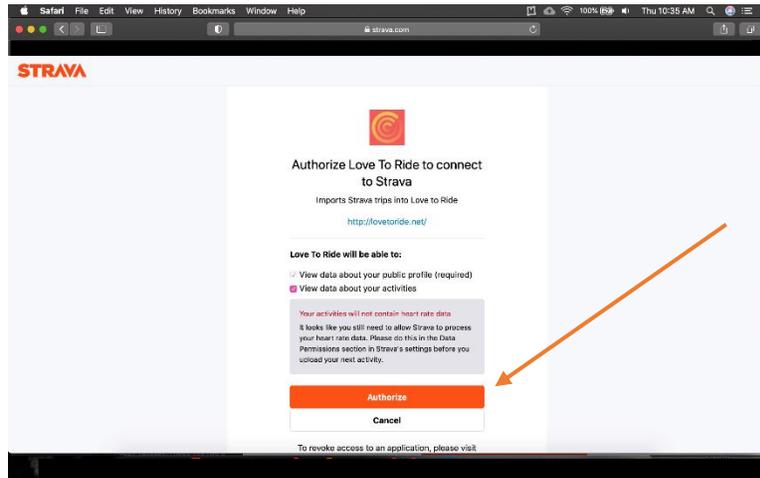
Connect with STRAVA 



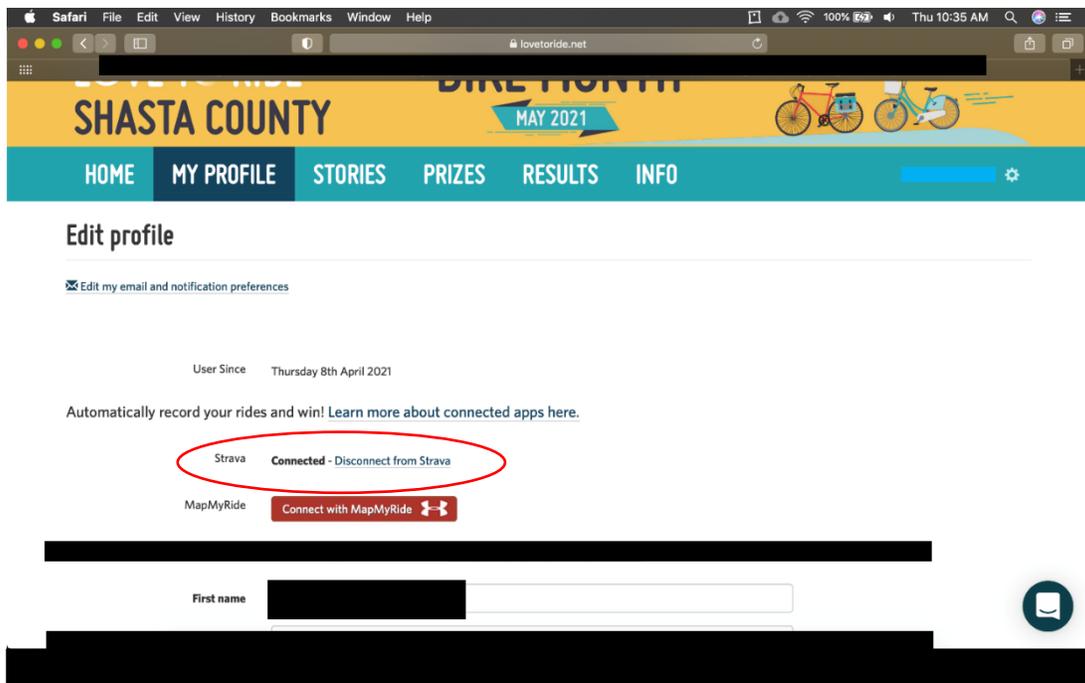
*Make sure you have the Strava App on your mobile device, and you know your login information for the Strava App. If you don't already have Strava, download the free app and create a login.

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





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



CONGRATULATIONS!
YOU ARE NOW SIGNED UP & READY TO RIDE!