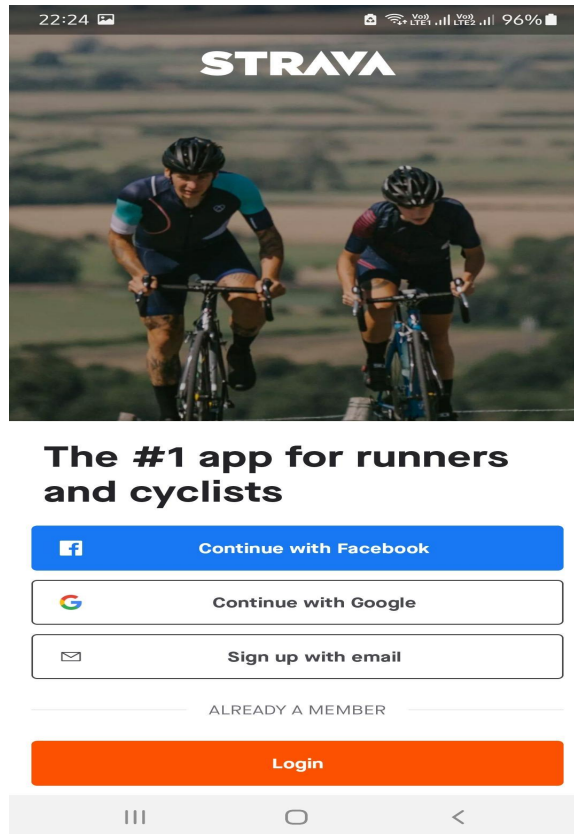


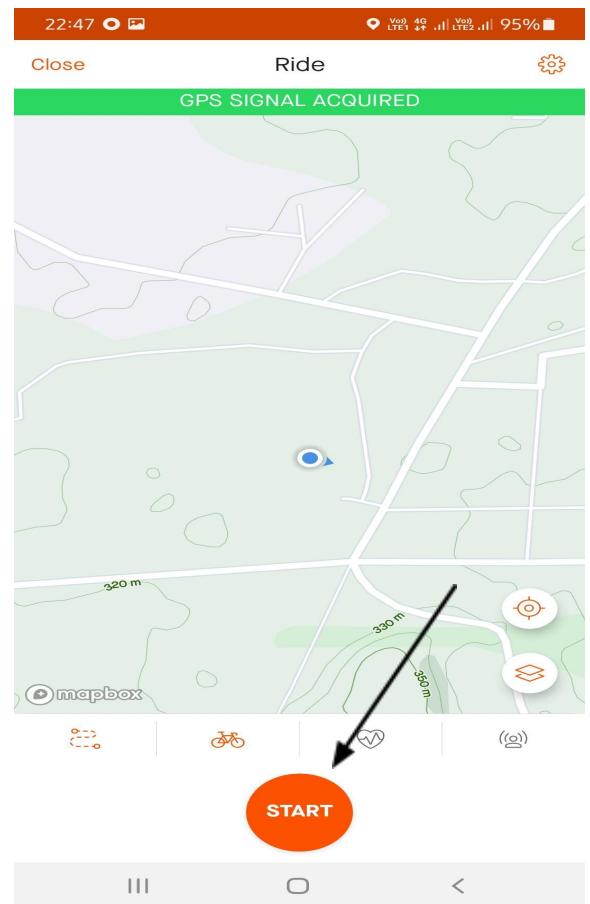
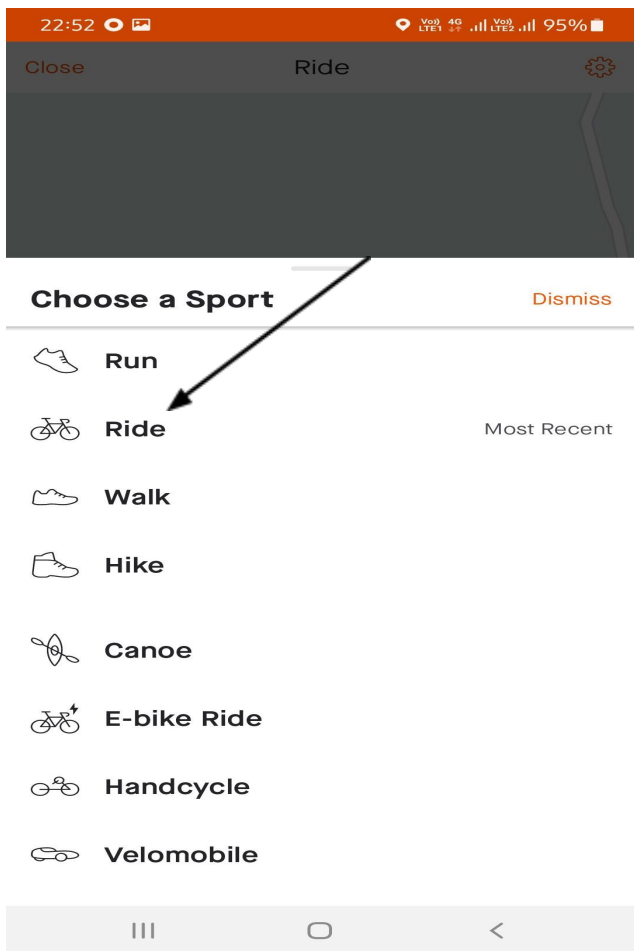
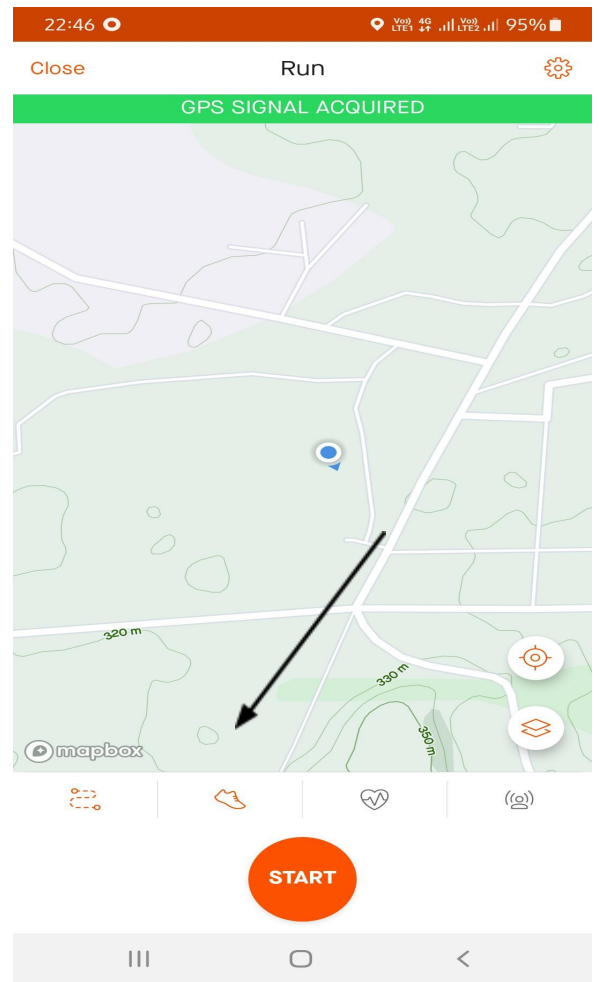
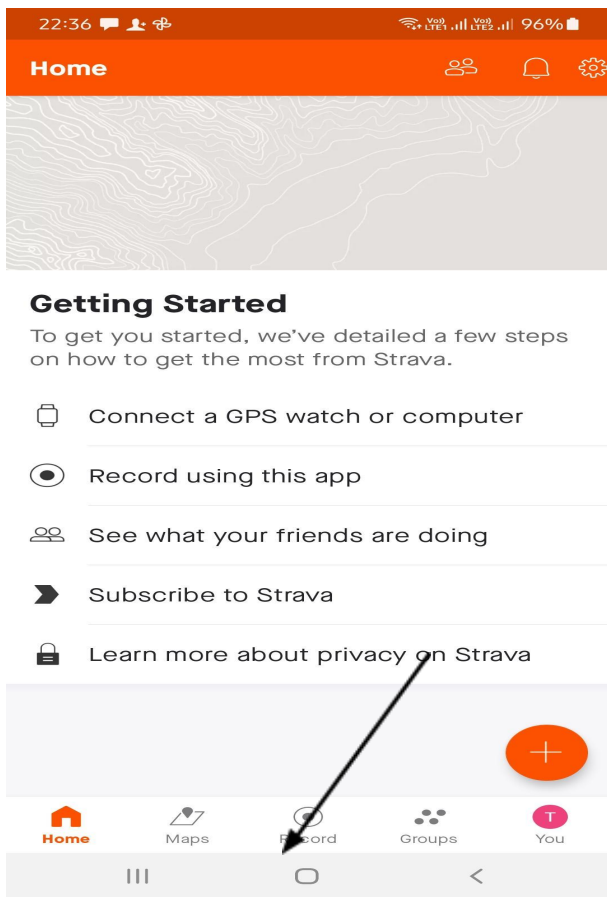
Instructions:

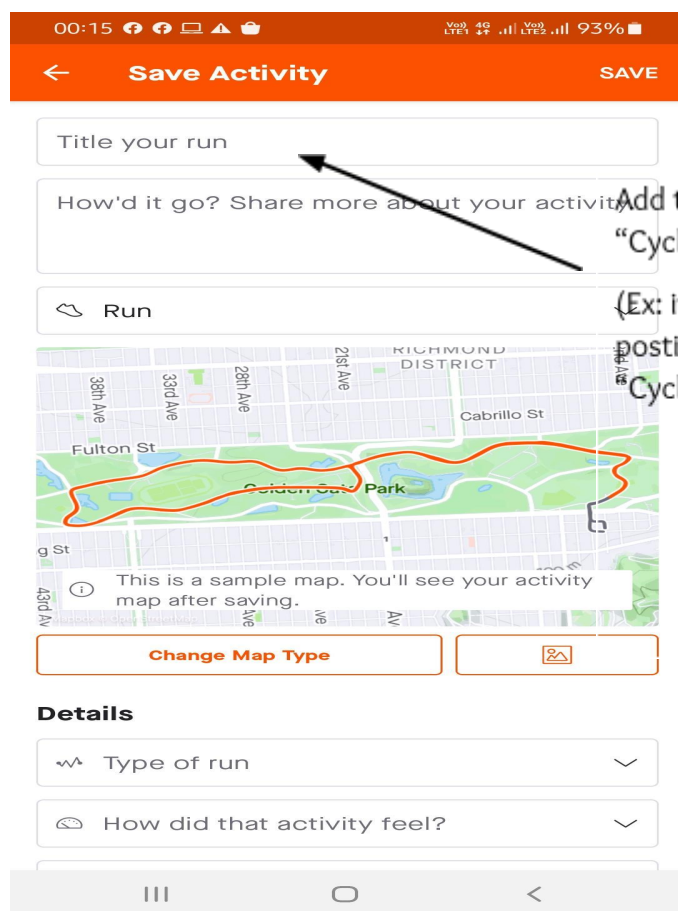
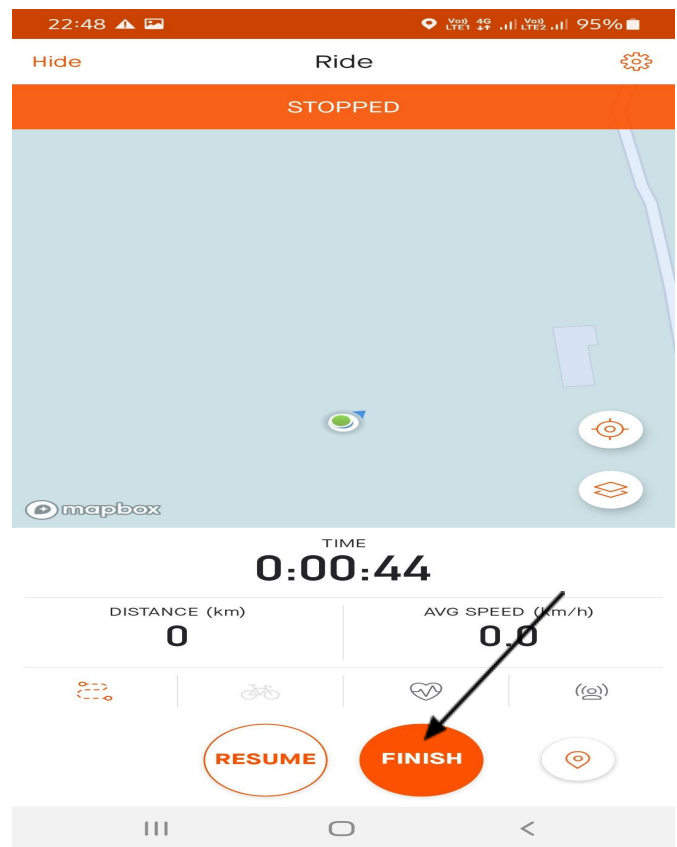
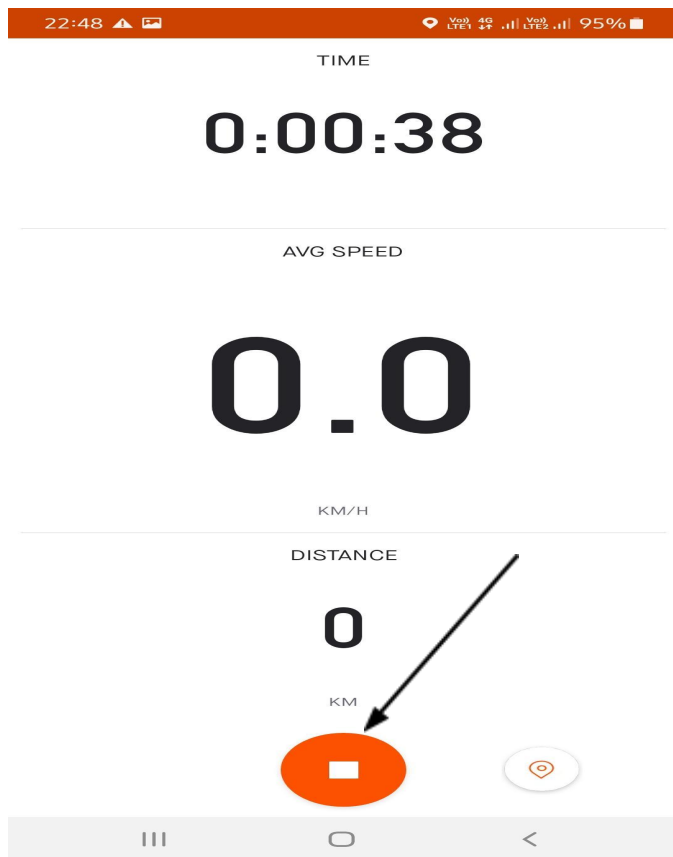
Download the STRAVA app on your smartphones

1. Sign into STRAVA with either Email or Facebook.
2. Then the registered participants will receive updates on which club to join in STRAVA.



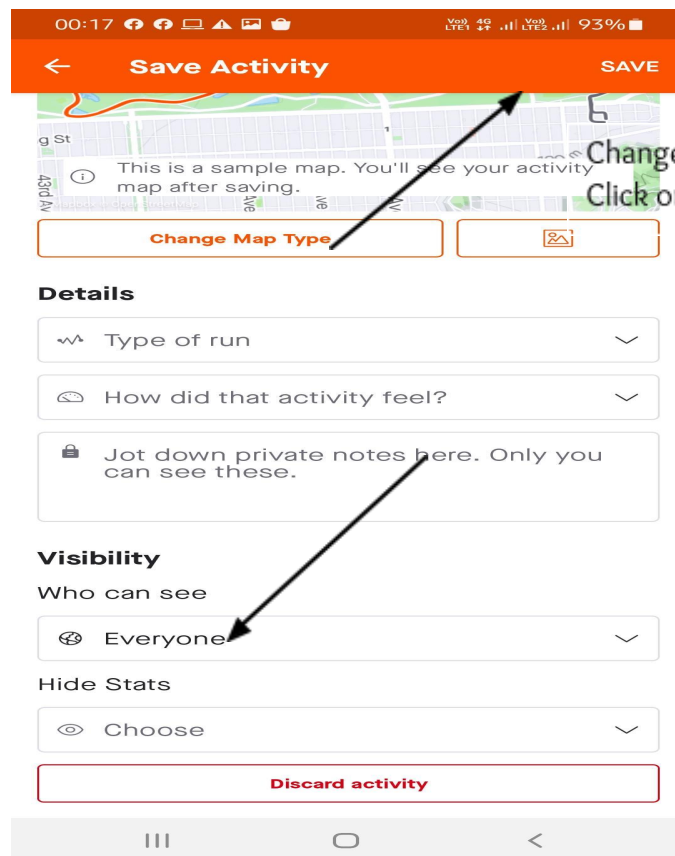
3. How to record an Activity:
(Record your activities only between 5:00 AM to 10:00 PM.)
 - a. Go to “Homepage” and click on the “Record” Tab in the bottom task bar.
Make sure you are added to the correct club before recording your RIDE
 - b. Click on the shoe icon to the left and choose the sport as “Ride”.
 - c. Hit **“Start”**.
 - d. After finishing your **“Ride”** hit the stop button and then press **“Finish”**
Ensure your activity is not more than 1.5 Hour. Any ride exceeding 1.5 hour will not be included.
 - e. Add the title of your ride as “Cyclothon_yourname_DayNumber”
(Ex: if your first name is Abhinil Kumar and you are posting it on the third day write it as “Cyclothon _abhinilkumar_day3”)
 - f. Upload pictures of your Start and Finish of the Ride. If possible try to include more scenic pictures of the route (there will be prizes for the same).
 - g. Make sure that privacy controls are set to **“Everyone”** .
 - h. Click on **“Save”** to the top-right corner.





Add the title of your run as
"Cyclathon_yourname_DayNumber"

(Ex: if your first name is Abhinil and you are
posting it on the third day write it as
"Cyclathon_abhinil_day3")



Change Visibility to everyone and Click on the Save.

Go through the video for better understanding - [Starva Instruction](#)

Note -

In this 23 days long event **top 10 performances(distances)** will be considered for the prizes.

It means in this 23 days long event you're free to cycle any **10 days** which we will eventually count to decide the winner!

Prizes :

First Prize - SmartWatch

Second Prize - Airdopes

Third Prize - Bluetooth Speaker

Show your dedication and stand a chance to win **Official KGP merchandise**.

If you have any queries please feel free to contact -

Abhinil - 8210169485

Tejesh - 6305213352

Hasitha - 9392703946