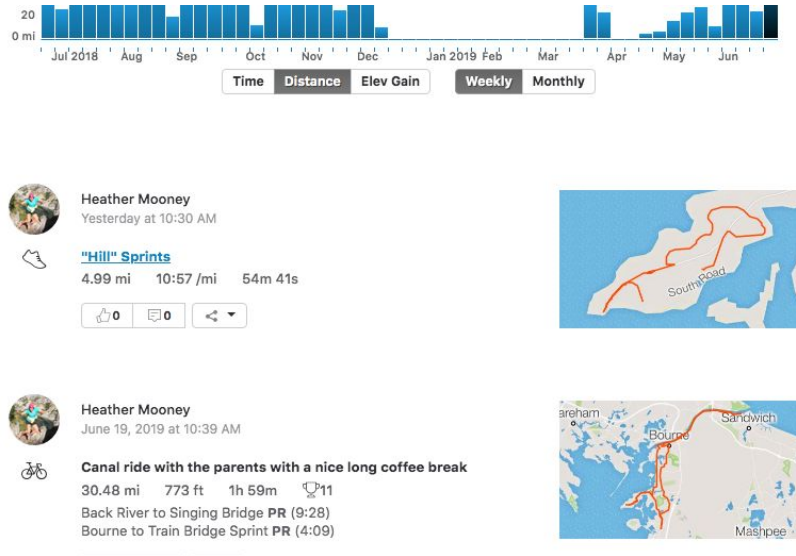


## Instructions for Downloading GPX Files from Strava

Go to your profile page on Strava. (Click your profile picture on the top left).  
Then choose the activity that you want to download GPX from. I've selected "Hill Sprints" here.

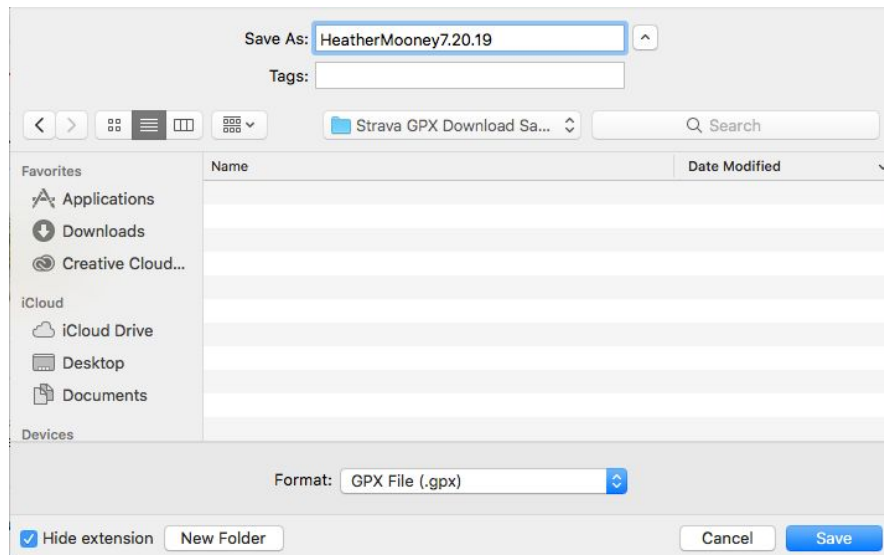


On the left side, chose the ellipsis, and then "Export GPX" from that menu.

The screenshot shows the Strava web interface. On the left sidebar, the 'Overview' tab is selected. In the main content area, the activity 'Hill Sprints' is displayed. A dropdown menu is open, showing options: Flag, Crop, Split, Delete, Create Route, Export GPX (highlighted), Refresh Activity, and Achievements. The activity details on the right show: 4.99 mi, 54:41, 10:57/mi. Below the menu, there is a section for 'Runs on this Route' showing 'This Run 10:57/mi'. At the bottom, there is a 'Splits' section with a map view.

When it prompts you to choose a location/name for the file, I recommend creating a new folder to house all your GPX downloads, which will make it easy for you to upload them to Dropbox in one fell swoop.

**Naming files - this is the important part!** Strava will default to downloading the GPX with the name of the activity as you named it in Strava. Please edit this to include your name and the date of the activity. For example “HeatherMooney07.20.2019”.



Then, upload your files to the Dropbox folder linked below before Sept 7 at midnight. (You can upload all the files at once in the upload process as long as you have them all in the same folder.)

Upload here: <https://www.dropbox.com/request/1vnnmtzudRsUZI0boPiL>

When you open that link, select “Choose from Computer”, highlight all the GPX files you want to add, select “Open”, then select “Upload” in the next window.

*Don't hesitate to email Heather ([heather.mooney@craftsbury.com](mailto:heather.mooney@craftsbury.com)) with any issues uploading files.*