



RadCHALLENGE 2023

Student Health Management SHM BeTaBalance

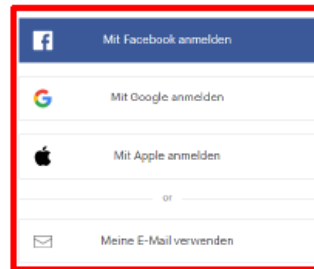
Instructions for signing up on Strava

With freindly
support:





Step 1: Install the Strava app on your smartphones and create a Strava account for each team member (if you don't already have one).



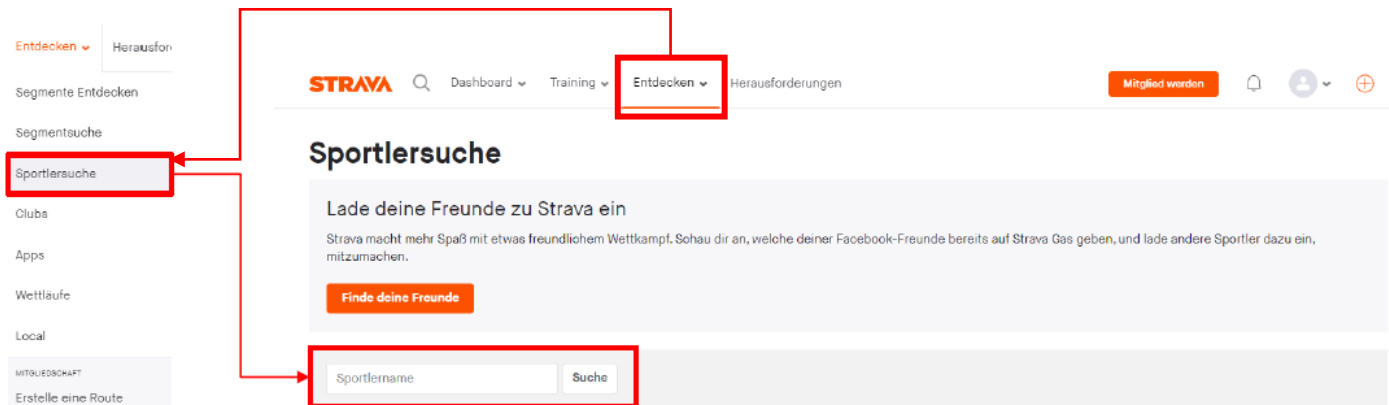
With this app, you record the miles you drive.


For the next steps the team captain needs a computer.



Step 2a): Follow your team members!

Here`s how: Discover → Search for athletes → Enter athlete name



The following images show
the desktop version
Following in the app is
possible under the icon .



Step 2b): Follow the Orga-Accounts of the RadCHALLENGE (supervised by the Corporate and Student Health Management)!

(a) If you belong to a student team, then follow: SGM Uni Tübingen

(<https://www.strava.com/athletes/62277467>)



SGM Uni Tübingen

Tübingen, Baden-Württemberg, Germany

Abonnieren



(b) If you belong to a staff team, then follow: BGM Uni Tübingen
(<https://www.strava.com/athletes/113320200>)



BGM Uni Tübingen

Tübingen, Baden-Württemberg, Germany

Abonnieren





It is necessary to follow SGM Uni Tübingen or BGM Uni Tübingen, so that we can take your progress into account.





Step 3: The team captain creates a club for your team. (This is only possible in the desktop version).

Here`´s how: Discover → Clubs → Create a club



The screenshot shows the STRAVA interface. The top navigation bar includes 'STRAVA', 'Dashboard', 'Training', 'Entdecken', and 'Herausforderungen'. The 'Entdecken' menu is open, showing options like 'Segmente Entdecken', 'Segmentsuche', 'Sportlersuche', 'Clubs', 'Apps', and 'MITGLIEDSCHAFT'. The 'Clubs' section is active, displaying a search bar with fields for 'Name des Clubs', 'Ort', 'Sportart' (set to 'Laufen'), and 'Art des Clubs' (set to 'Alle'). A search button is also present. A red box highlights the 'Einen Club erstellen' button in the top right corner. A red box also highlights the 'Clubs' option in the left sidebar. A red box highlights the search filters. A red box highlights the 'Entdecken' menu item in the top navigation bar.

  Give the club the same name as you did when you registered!

  Only one club per team is required.



Step 3: The team captain creates a club for your team.

 Beitritt zu deinem Club nur mit Einladung ermöglichen 

Club gründen

Abbrechen



Do not check this box when starting the club so that SGM Uni Tübingen or BGM Uni Tübingen can be a member of your club.

Lade Sportler in diesen Club ein

Sportler einladen



As soon as all team members follow each other, the club creator invites them to SGM Uni Tübingen or BGM Uni Tübingen. This way your progress can be checked and a ranking can be created.



Step 4: Cycle, cycle, cycle and record via the app! Have fun!

