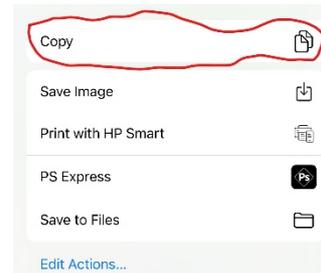
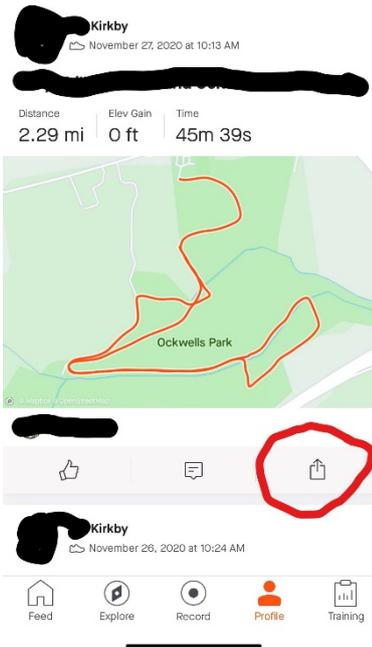


How to get a Strava link

Copying a link from a phone:

- Complete your run using the Strava application on your phone or using a watch linked with your Strava app. When it has appeared in your Strava account. Rename “Berkshire Schools Virtual XC” and that the everyone can view your activity (settings, privacy controls, activities and set to everyone).
- After you have completed the above, open the Strava app, from your profile select Activities.
- Select your run that you would like to share.
- Click the share icon in your feed or activity view. IOS share icon - , Android share icon - 
- Click more then copy (depending on your phone view).
- Check this works by pasting into a message / email / note. Then paste into the last question on the google form. The URL should look like this: <https://www.strava.com/activities/2745811257>



Copying a link online:

- Complete your run using the Strava application on your phone or using a watch linked with your Strava app. When it has appeared in your Strava account. Rename “Berkshire Schools Virtual XC” and that the everyone can view your activity (settings, privacy controls, activities and set to everyone).
- After you have completed the above, go to Strava online.
- At the top of your page click on training then my activities.
- Once the activity is shown then you can copy the URL of the webpage. Then paste into the last question on the google form. The URL should look like this: <https://www.strava.com/activities/2745811257>

