

# How to Create a Strava Account and Join the MyersMissionsInMexico Running Club

From your computer:

1. Go to [www.strava.com](http://www.strava.com)
2. Click “use my email”
3. Enter your email address and create a password
4. Create your profile: First and last name, DOB and sex.
5. Click get started—**Don’t sign up for a paid subscription, nor give any credit/debit card info (you can do that later if you would like)**
6. Congratulations: you now have an account
7. From your dashboard, click the explore tab at the top.
8. From the provided lists click “clubs”
9. In the club’s box type: MyersMissionsInMexico (ALL ONE WORD) then click enter.
10. Click the “join” box
11. Click the “I’m in” box

From your smartphone:

--Download the Strava app and log-in with your profile info

If you have a smartwatch, you can sync your watch to the Strava app (click this link to find out how to sync your watch)

<https://support.strava.com/hc/en-us/articles/223297187-How-to-get-your-Activities-to-Strava>

If you don’t have a smartwatch, you can still join the club. There is a manual function that allows you to manually input your data from your run.

