

# Strava

# Thecasesolutions.com

## WHAT IS STRAVA?

Thecasesolutions.com

App for cycling/running workout data tracking  
Facebook for endurance athletes  
"Likes" or "kudos" & Comments  
Share progress, competitive segments

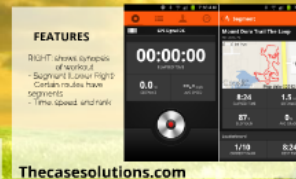


## WHY USE STRAVA?

- Keep track and log ALL training from day 1
- meet/interact with other competitive athletes
- Meet new athletes around you
- Challenge yourself



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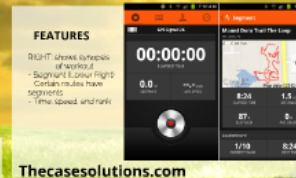


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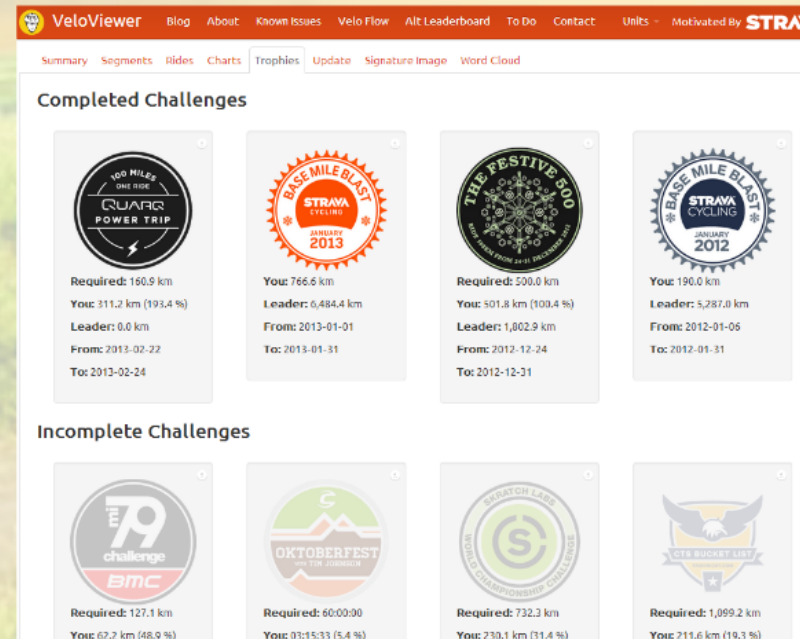
**STRAVA**<sup>TM</sup>





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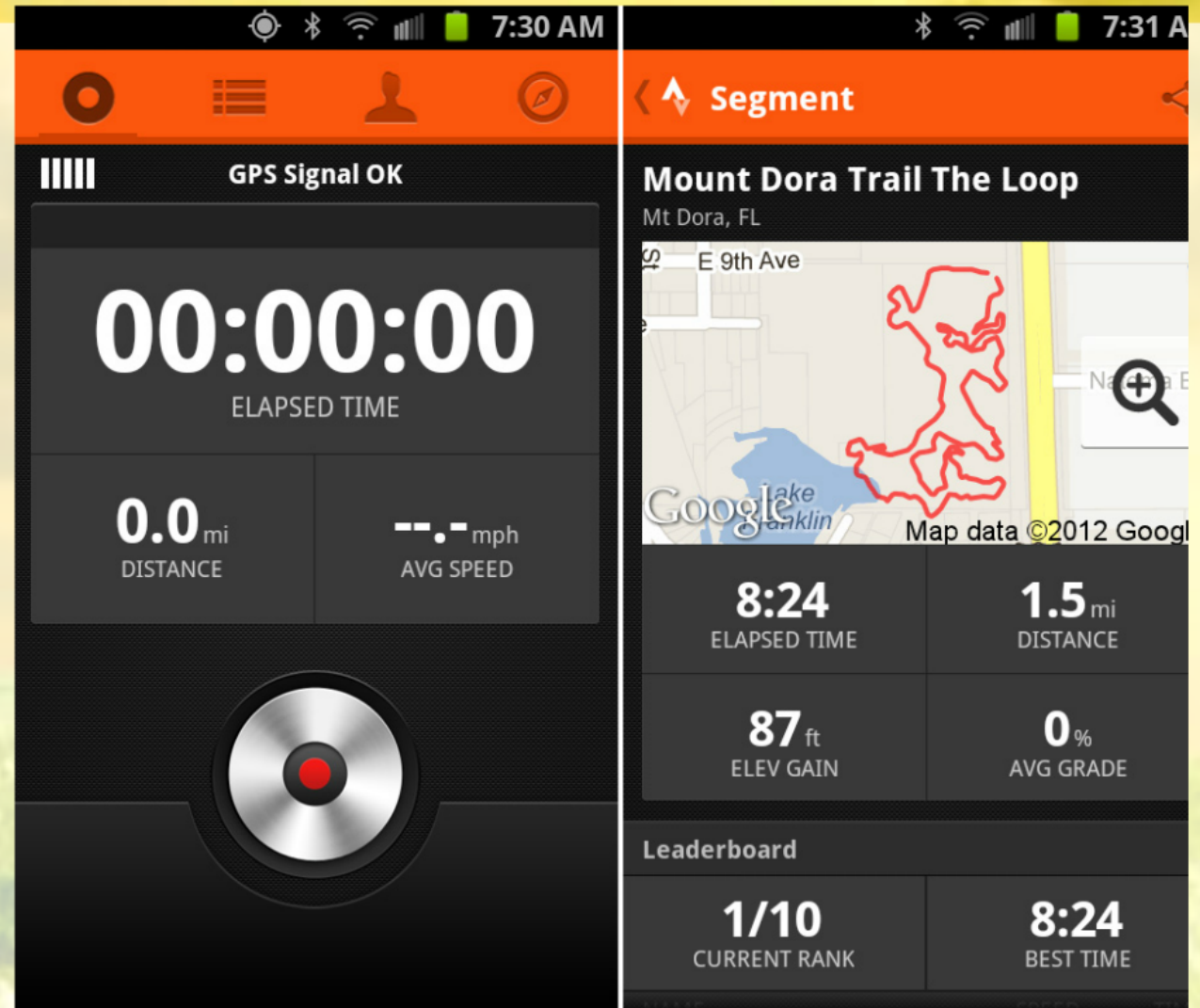


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# FEATURES

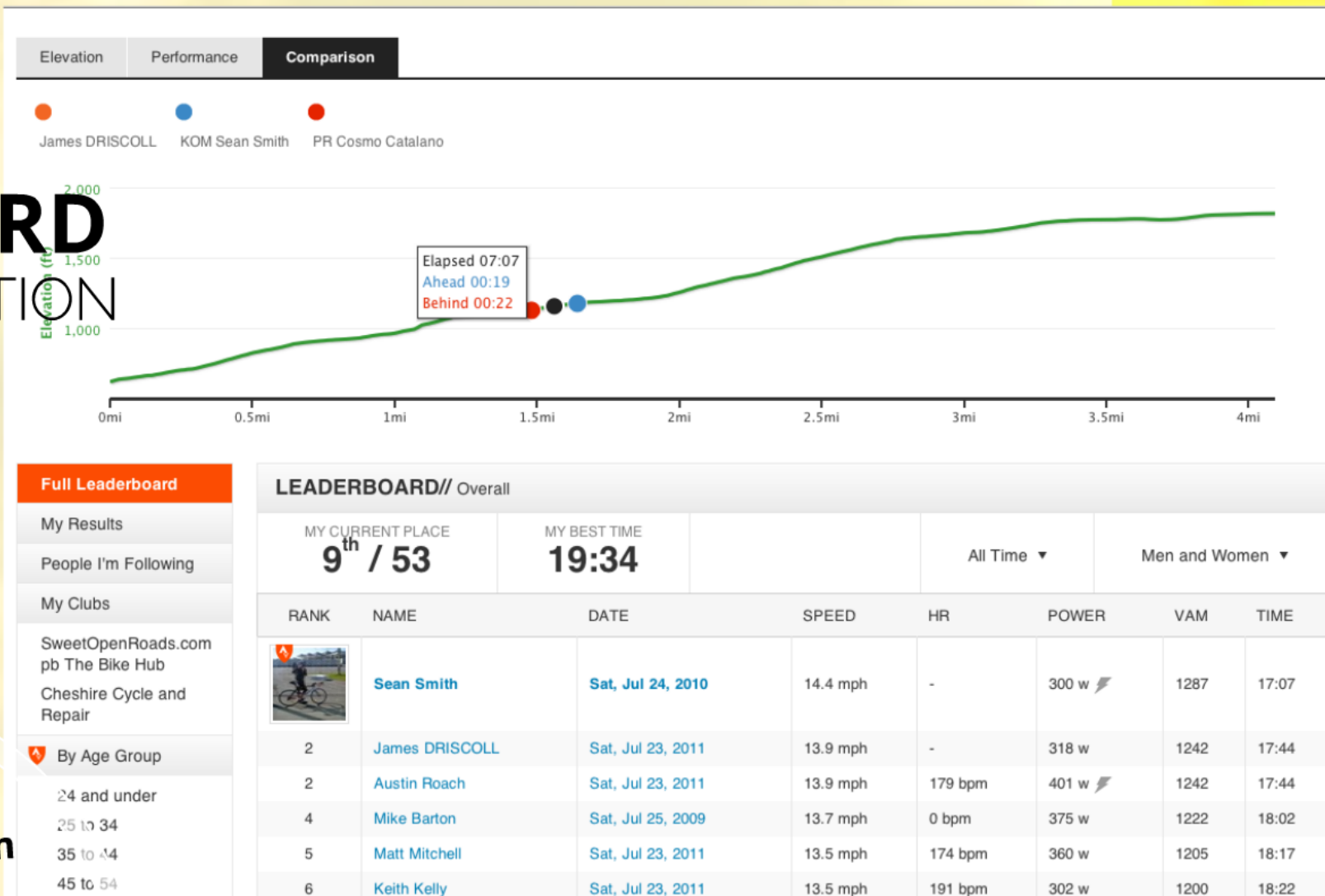
- RIGHT: shows synopsis of workout
- Segment (Lower Right)
  - Certain routes have segments
  - Time, speed, and rank



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# LEADERBOARD SEGMENT ELEVATION LINKING E PARTICIPANTS



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pb The Bike Hub  
Cheshire Cycle and  
Repair

 By Age Group

24 and under

25 to 34

35 to 44

45 to 54

**THANK YOU!**

**Thecasesolutions.com**


**TH**



# THANK YOU!

5:53 PM





Challenges Details Share

Ride  May 1 - 31


15 Days REMAINING 20936/53014 RANK 351 KILOMETERS


LEADERBOARD

Overall Following



	ATHLETE	DISTANCE
1	 Mike Watts	2252 mi
2	 Kyle Yugawa	1987 mi
3	 Alexandre Aybes-Gille	1952 mi
4	 Mateo A. Ortega	1906 mi


Challenges

 **The May Massive** >  
8 days left  
453 / 11,276 Distance: 162 km


 **Castelli's Battaglia in Montagna** >  
2 days left  
12,847 / 14,976 29 km

ONGOING AND UPCOMING

 **The Junedoggles**   
How far will you go in June?  
In 9 days 2,557

 **Any Way 10k** >  
Run a 10k, any way you want to.  
In 23 days 976

CYCLING 2

 **Fi'zi:k Tour Tune-Up**  
Ride 30 hours in 16 days.

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