

# Registration Instructions

(It's much easier than it looks and only takes 5 minutes!)

1. **Select ONE challenge** from the Active Challenges to get started. There are 12 total separated by discipline, gender, and age.
2. Register for one challenge first and then you can easily go back and register for more. 3 max! (Erg/Row, Bike, Run)
3. When registering for a challenge, please make sure you select the challenge for your **gender and age group**.
4. Click on **"View Details and Join Challenge"**. Once the new page opens, just click on **"Log-In"**.
5. After you click on "Log-in" this page will open. You can register in multiple ways.

**GET MOVING FITNESS CHALLENGE**

Group Options: challenges | edit | results

Benefiting Austin Rowing Club. One of Austin's proud non-profits!

Please select each challenge you would like to participate in. Row/Erg, Bike, or run! Do one or do them all!

Please select the appropriate age category to get started!

The Erg/Row Challenge is MANUAL ENTRY on Challenge Hound after you register. Bike and Run challenges are synced directly from Strava.

Active Challenges

GET MOVING FITNESS CHALLENGE	GET MOVING FITNESS CHALLENGE	GET MOVING FITNESS CHALLENGE
<b>Get Moving Fitness Challenge (Erg/Row)</b> Oct 5, 2020 - Oct 11, 2020 CDT Individual Challenge Row as much as possible in 7 days Get Moving Fitness Challenge ERG/ROW (Women ages 14-49) <a href="#">View Details and Join Challenge</a>	<b>Get Moving Fitness Challenge (Erg/Row)</b> Oct 5, 2020 - Oct 11, 2020 CDT Individual Challenge Row as much as possible in 7 days Get Moving Fitness Challenge ERG/ROW (Women ages 50+) <a href="#">View Details and Join Challenge</a>	<b>Get Moving Fitness Challenge (Erg/Row)</b> Oct 5, 2020 - Oct 11, 2020 CDT Individual Challenge Row as much as possible in 7 days Get Moving Fitness Challenge ERG/ROW (Men ages 14-49) <a href="#">View Details and Join Challenge</a>

Sign Up or Log In

Challenge Hound works by authenticating with the applications listed below. Sign up or log in, by clicking the buttons below.

**Strava**  
[Connect with STRAVA](#)  
 (Automatic Activity Sync)

**Facebook**  
[Continue with Facebook](#)  
 (Manual Activity Entry)

- **Strava** is a mobile app, and website, that you can use to track activities using GPS data with your phone or watch. All activities logged with Strava are automatically synced to Challenge Hound.
- You can log activities manually with either Facebook or Strava.

## Register with Facebook

1. Select **Facebook**. Just follow the prompts and make sure you select **Authorize** when prompted. This will allow connection to Challenge Hound.

**Authorize Challenge Hound to connect to Strava**

Challenge Hound promotes healthier lifestyles by providing the best platform to create and manage group challenges and virtual races.  
<https://www.challengehound.com>

Challenge Hound will be able to:

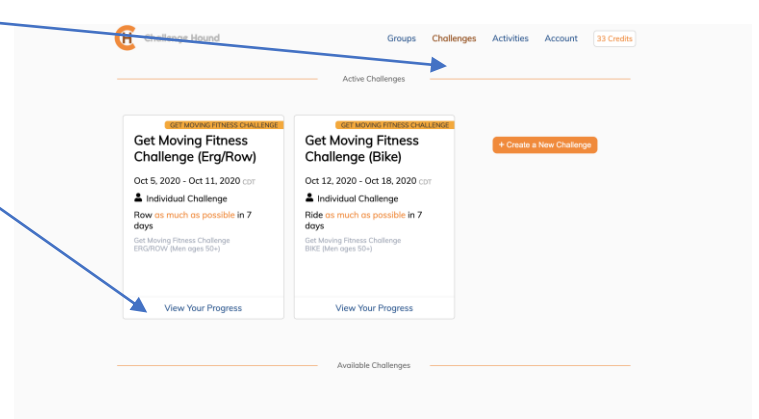
- ☐ View data about your public profile (required)
- ☒ View your private non-activity data such as segments and routes
- ☒ View your complete Strava profile
- ☒ View data about your private activities

Your activities will not contain heart rate data  
 It looks like you still need to allow Strava to process your heart rate data. Please do this in the Data Permissions section in Strava's settings before you upload your next activity.

[Authorize](#)  
[Cancel](#)

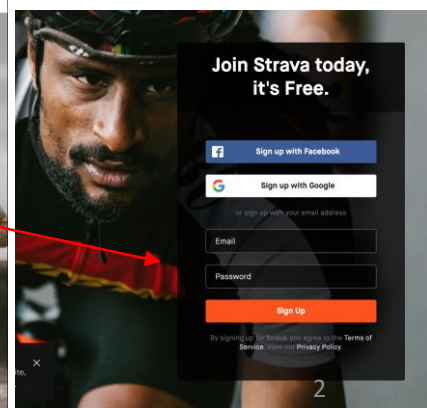
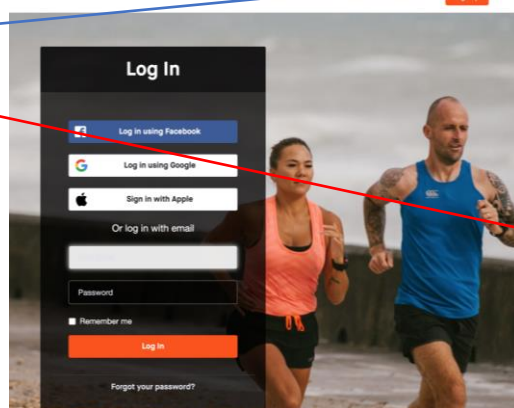
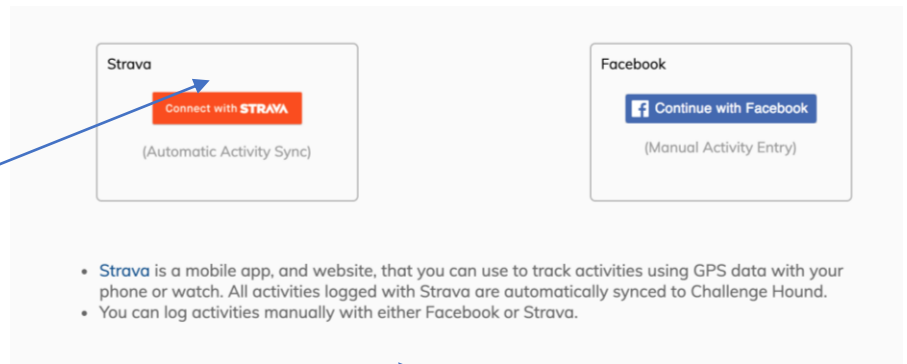
- On the **"Account"** link on the top right, add the email you used to register, and select **"Meters and Kilometers"** and then **"Save Email & Metrics"**.
- After registering with Facebook, go back to your Challenge Hound page/account and click **"Join Challenge"**.
- Wait a few minutes for the system to get you registered and go to **"Challenges"** on top bar. You should see the event you registered for. Now you can sign-up for other events or check dashboard and progress against the competition.

**You're Done!!**  
**Skip to Page 4 to**  
**Log your Workouts!**

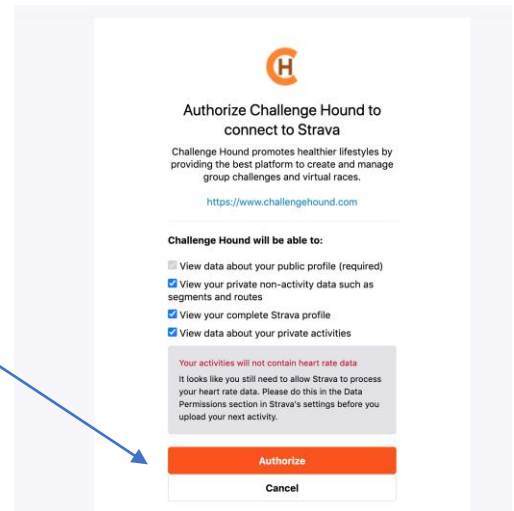


## Register with Strava

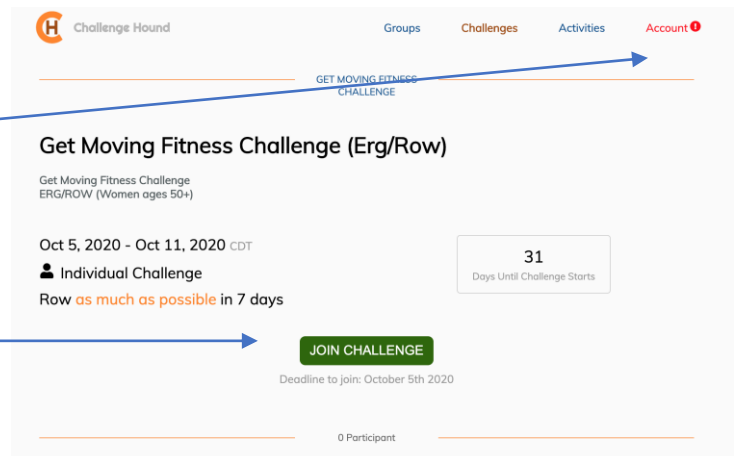
- Select **Strava** for registering. You can select Facebook (repeated), Gmail, Apple or if you are already a Strava user just log-in and follow prompts.
- If you can't use any of these click on **"Sign-up"** on top right and then enter your email and password.



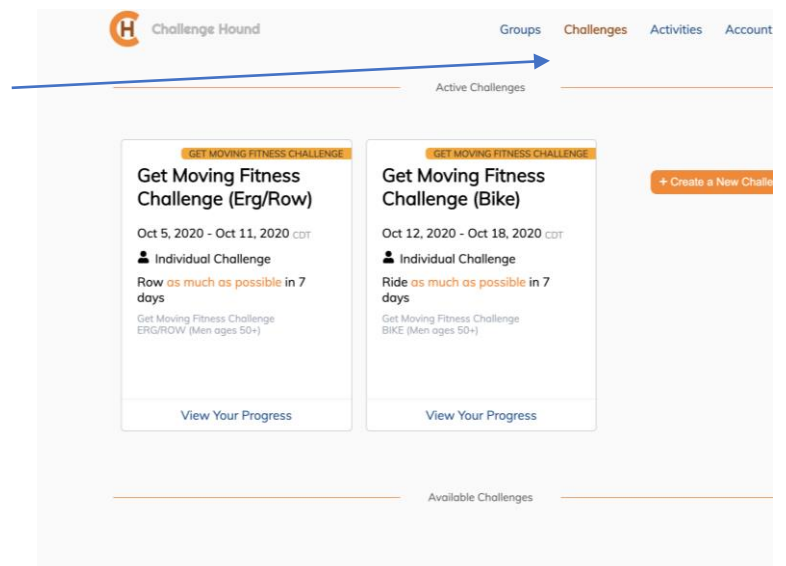
- After you enter your email and password you will be prompted to **authorize connection to Challenge Hound**. Please Authorize. Leave checked boxes as they are.



- On the **“Account”** link on the top right, add the **email** you used to register, and select **“Meters and Kilometers”** and then **“Save Email & Metrics”**.
- After registering go back to your Challenge Hound page/account and click **“Join Challenge”**.



- Wait a few minutes for the system to get you registered and go to **“Challenges”** on top bar. You should see the event you registered for. Now you can sign-up for other events or check dashboard and progress against the competition.



**You're Done!!**  
**Read the last page on**  
**how to log your workouts!**

## HOW TO LOG YOUR BIKE & RUN WORKOUTS:

**Bike and run challenges are synced automatically from Strava**, just make sure you use your Strava app on your phone each time you workout.

## HOW TO LOG YOUR ROW/ERG WORKOUTS:

The Erg/Row Challenge is **manual** entry only, directly through Challenge Hound. Simply go to your challenge and click on “**ADD AN ACTIVITY**”

Test

Challenge Admin: [dashboard](#) | [edit](#) | [join](#) | [participants](#) | [invite](#) | [clone](#) | [add map](#)

TEst

Sep 4, 2020 - Sep 5, 2020 CDT

Individual Challenge

Row **as much as possible** in 2 days

1 Days into Challenge

2 Days Remaining

Your Progress

+ Add an Activity

0.00 Distance in Kilometers	0m Total Time	0 Avg Activity Duration
? Number of Activities	0.00 Elevation in Meters	0.00 Kilometers Per Day

**You will be prompted to enter:**

- Activity Name: **Row**
- Date and Time: **already selected**
- Activity: **Row**
- Duration: **it does not matter what you enter, as the challenge is based on total distance and not time**

- Distance: **Add your distance from this workout in Kilometers. \***

\* Remember, if it's in miles, you need to go to your account on the top right and select "Meters and Kilometers"

**THANKS AND GOOD LUCK!**