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.

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.

2. 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".

3. After registering with Facebook, go back to your Challenge Hound page/account and click "**Join Challenge**".

4. 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!**
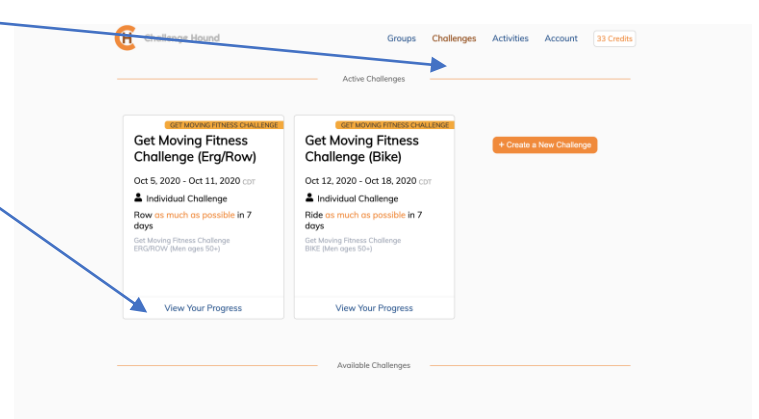
Register with Strava

1. 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.

2. If you can't use any of these click on "**Sign-up**" on top right and then enter your email and password.

3. 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.
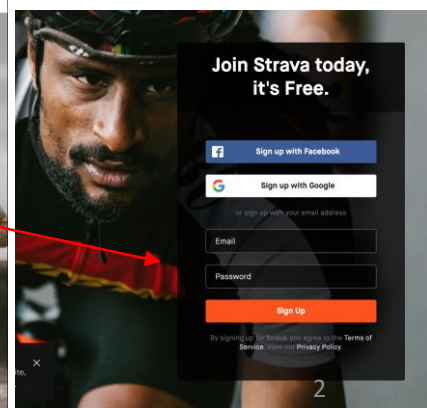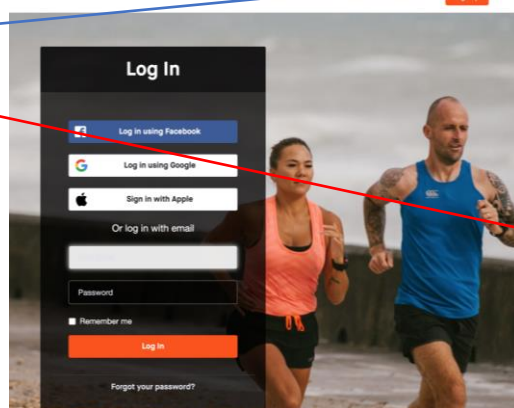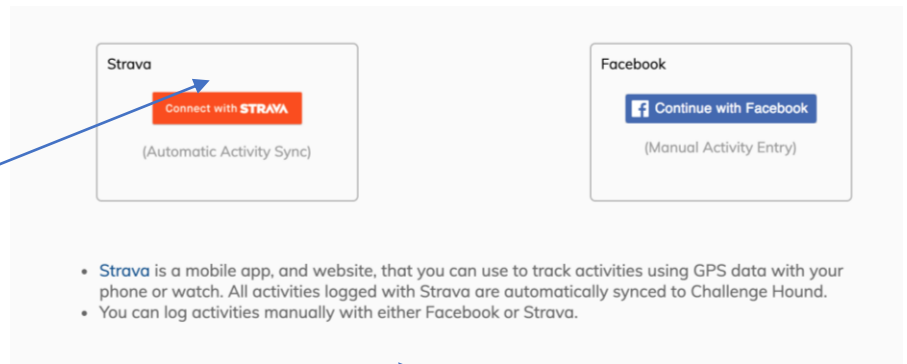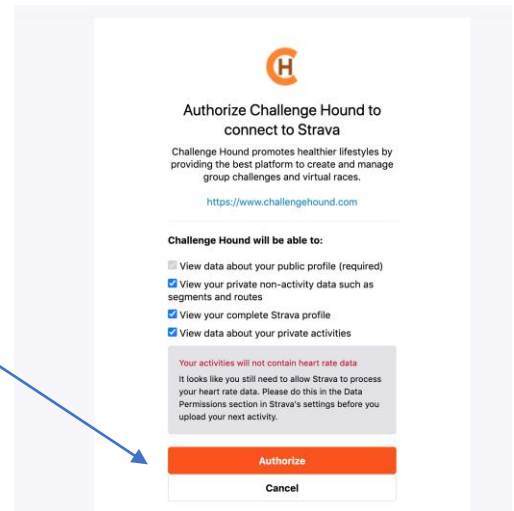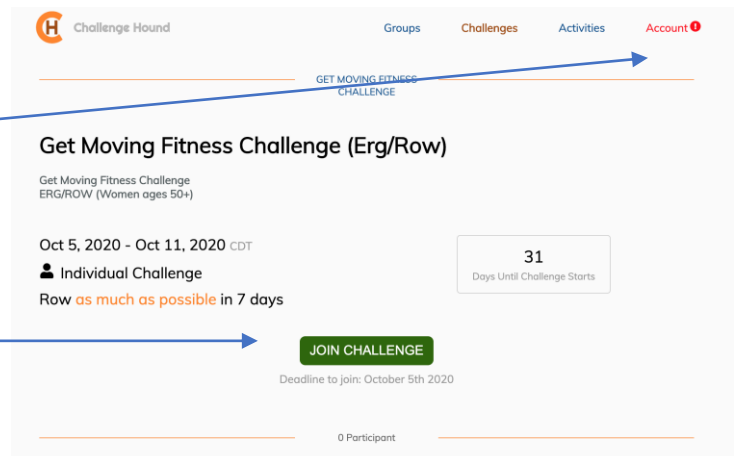

4. On the "**Account**" link on the top right, add the **email** you used to register, and select "**Meters and Kilometers**" and then "Save Email & Metrics".

5. After registering go back to your Challenge Hound page/account and click "**Join Challenge**".

6. 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.
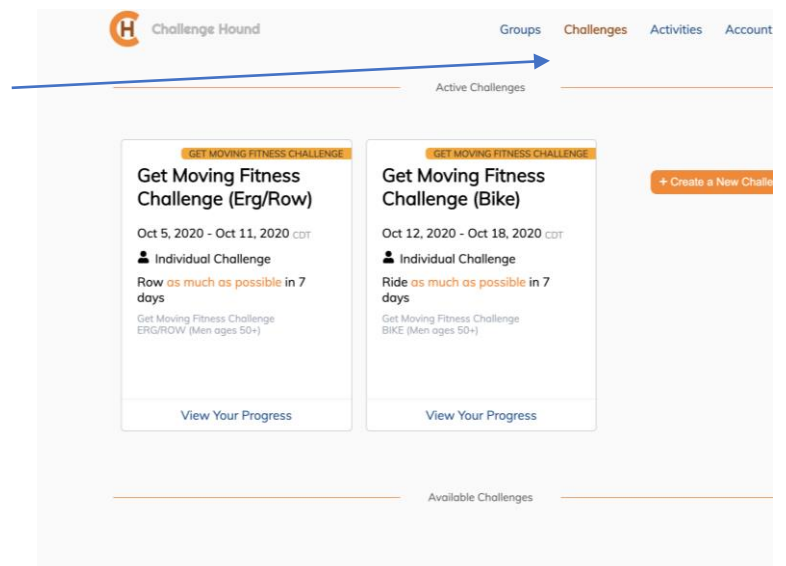
**You're Done!!
Read the last page on
how to log your workouts!**

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**"

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!

Please contact Felipe Correa for any registration support. 512.599.2446 or fcorreagodoy@gmail.com