

## Detailed instruction for joining the Oregon Trail Relay, a Strava club

Strava is a very cool run/walk/bicycle tracking application for your smart phone and desktop/ipad/tablet, and it is FREE! It is fairly simple to use (really) and is great way to tally your exercise while also incorporating digital socializing as you wish, including posting pictures, comments to your friends and more. It works very well for running “clubs” such as our Oregon Trail Relay.

After you have registered for the *Westward Ho! Virtual 5K & Fun Run* event.....  
Watch this short [YouTube video](#) or follow the detailed instructions below

### Already have the Strava App on your smart phone?

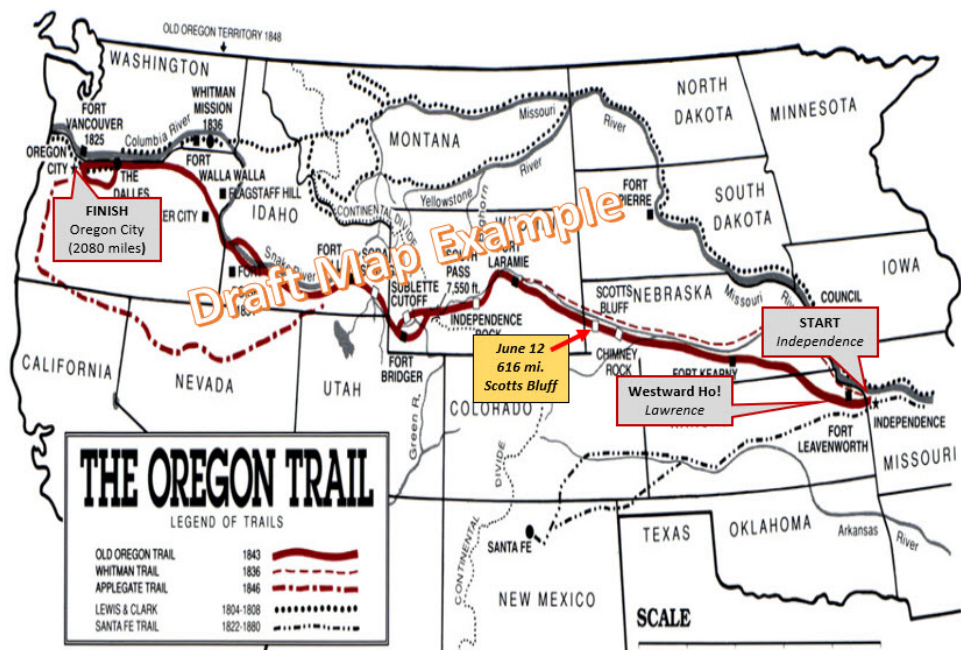
If you already have the Strava App on your smartphone and are familiar with how to use it:

1. Simply click on [Oregon Trail Relay](#) which takes you directly to our Strava club page.
2. Click the request to join button. Because this is a private club, we'll need to ok your membership which we will do as soon as we get the message.
3. You're in!

**If you do not have the Strava App on your smartphone**, getting it downloaded is the first step.

1. Go to your favorite App store or directly to [Strava](#) and download the FREE App. Get the free version. You do not need to pay for the Premium version.
2. After you get setup in Strava with all of your information you can then join the Oregon Trail Relay club within Strava: Explore>Clubs>Search>Oregon Trail Relay. It's probably easier to close Strava and go to Step 3 (below).
3. Simply click on [Oregon Trail Relay](#) which takes you directly to our Strava club page.
4. Click the request to join button. Because this is a private club, we'll need to ok your membership which we will do as soon as we get the message.
5. You're in!

Check out all the cool things like the leaderboard and club posts. Cheer on your buddies, make new virtual friends, add fun photos and watch as the relay team cumulative miles take us all the way to the end of the Oregon Trail. Check in often on your smartphone, but also your laptop, tablet/ipad, where viewing all the fun stuff is a bit more robust.



**Follow our team as we run the full length of the Oregon Trail**