

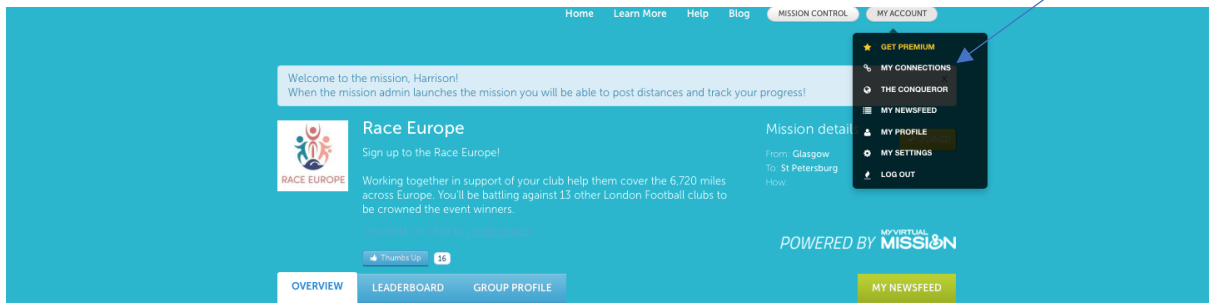
RACE EUROPE – HOW TO LOG MILES

Once the participants are logged in you will be presented with the below screen which shows the mission map and includes three tabs: Overview, Leaderboard and Group Profile. The Group Profile takes you to a page about London United and the Leaderboard tab will display current milage at a team and individual level once the challenge is live.

The screenshot shows the 'Race Europe' mission page. At the top, there's a header with the mission name, a description, and mission details (From Glasgow, To St Petersburg, How). Below this are navigation tabs: OVERVIEW, LEADERBOARD, GROUP PROFILE, and MY NEWSFEED. The main content area is divided into two sections: 'MISSION DISTANCE' and 'MISSION TIME'. The distance section shows a goal of 6,720.6 MI and a current distance of 0.0 MI. The time section shows a timeframe of 29 Days and a current time of 0 Days. Below these is a map of Europe with a red route connecting 10 numbered locations. At the bottom, there's a 'VIRTUAL WEATHER AND LOCATION INFORMATION' section for Scotland, United Kingdom, showing the date and time (Thursday, Feb 18th 1:42pm) and weather (6°C | 44°F). There's also a 'COMMENTS AND UPDATES' section with a filter for who and what to display, and a list of updates, including one from Sarah Wilson who joined the mission.

Connecting Strava / Garmin










At the top of the page participants have a My Account Tab. If you click on this it brings up the black box shown on the next page. You need to click on the My Connections link



After Clicking on the My Connections link you are presented with the page below where you can connect various fitness trackers to the site.

CONNECT WITH OTHER APPS AND DEVICES

You can automatically send distances to your mission via other apps using the services listed below.

	<p>Fitbit Status: Not Connected</p>	Manage Connection
	<p>RunKeeper Status: Not Connected</p>	Connect to RunKeeper
	<p>Strava Status: Not Connected</p>	Connect with STRAVA
	<p>UnderArmour Connected Fitness Status: Not Connected</p> <div style="display: flex; gap: 5px;">     </div>	LOG IN WITH UNDER ARMOUR
	<p>Garmin Status: Not Connected</p>	works with the app GARMIN.CONNECT

Live Mission

Once the mission goes live on the 1st March you will be able to post distances and see your team on the virtual map. Distances are either pulled directly from Strava and Garmin or can be added manually, the conversion table is useful for this.