

Strava 使用教學 Strava tutorial

1. 進入程式後先選擇註冊方式。After entering the apps, first select the registration method.

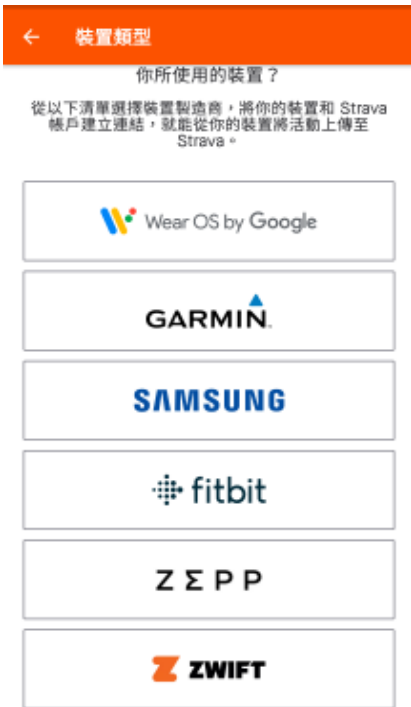


2. 登入程式後，如你持有GPS手錶，請揀選「連結GPS手錶或裝置」。
After logging into the app, if you have a GPS watch, please select "Link GPS Watch or Device".



3. 將你的GPS手錶連結至STRAVA, 然後就可以把活動紀錄從GPS手錶上傳至STRAVA。

Connect your GPS watch to STRAVA, then you can upload activity records from your GPS watch to STRAVA.



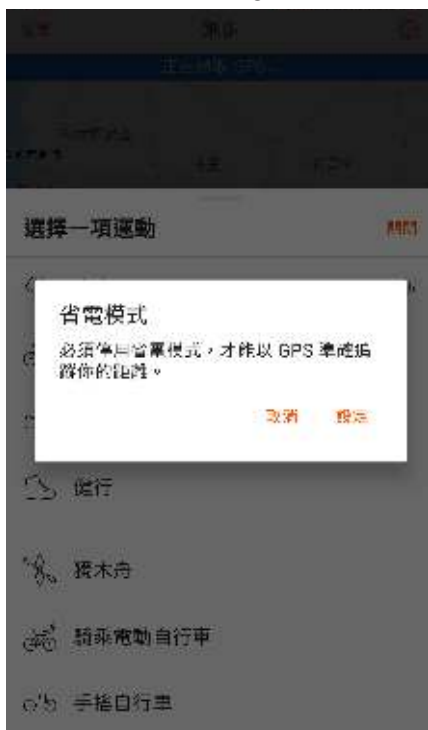
4. 如你沒有GPS手錶, 請選擇「記錄」。

If you do not have a GPS watch, please select "Record".



5. 如有開啟「省電模式」，可選擇把其關掉，以提升GPS準確度。

If the "Power Saving Mode" is turned on, you can choose to turn it off to improve GPS accuracy.

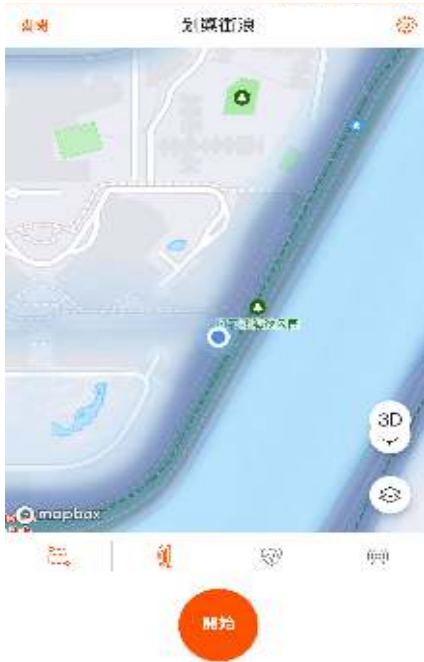


6. 選擇「划槳衝浪」

Select "SUP Surf"



7. 按「開始」進行計時。
Press "Start" to start timing.



8. 到達終點時按下停止鍵結束計時。
When the finish point is reached, press the stop button to end the timing.



9. 按下「完成」。Press "Finish".



10. 輸入sup time trial challenge, 然後按「儲存」。Enter sup time trial challenge and press "Save".



11. 擷取比賽成績畫面, 然後電郵至race@hksurfsup.org, 請同時把你的名字及比賽項目填寫於電郵中。(請確保截圖中包含距離、時間及比賽路線)

Capture the results of your time trial and email it to race@hksurfsup.org. Please also fill in your name and race events in the email. (Please make sure to include the distance, time and race route in the screenshot)

