Manual Logging Instructions & General Navigation 5/2022
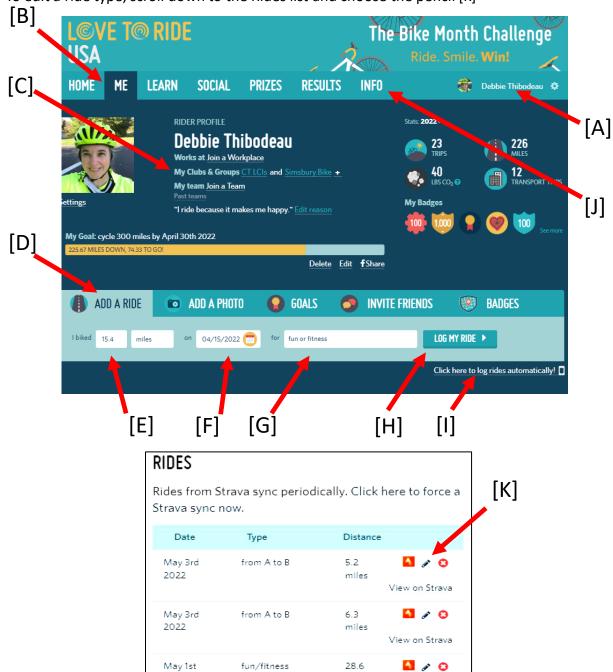
1. To navigate to your page, use [A] or [B]
2. To see your Clubs, use [C]. Add a Club with +. Click on the Club name to go to the Club page with leaderboard, activity feed, etc.
3. To log a ride, select "ADD A RIDE" [D]
4. Enter distance [E], date [F], and ride type ("for") [G], and submit data using [H]. It will post to the Activity list and Rides list.
   Ride Types include: Transport to or from other work*, Transport to or from other destination*, Transport to or from meeting*, Fun/fitness, Rides With Kids, Indoor Ride
   *These count as transportation trips.
5. To set up automatic logging by syncing from Strava or Map My Ride, use [I].
6. Additional menu options are available under "INFO" including FAQs. [J]
7. To edit a ride type, scroll down to the Rides list and choose the pencil [K]